

Digitized by the Internet Archive
in 2023 with funding from
Kahle/Austin Foundation



Freezer and Fridge Cookery



Colourful stand-bys from the freezer:
ice-cream sundaes with various fruits.
Birds Eye Foods Limited.

Freezer and Fridge Cookery

Mary Norwak

THE COOKERY BOOK CLUB

This edition published by The Cookery
Book Club, St. Giles House,
49/50 Poland Street,
London W1A 1LG by arrangement
with Ward Lock Limited.

© Mary Norwak 1971
Reprinted 1971
Reprinted 1972

All Rights Reserved. No part of this
publication may be reproduced,
stored in a retrieval system, or
transmitted, in any form or by any
means, electronic, mechanical,
photocopying, recording or otherwise,
without the prior permission of the
Copyright owner.

Printed in Great Britain by
Fletcher & Son Ltd, Norwich

Acknowledgements

I would like to thank the following sincerely for the pictures and material they have supplied:

Birds Eye Foods Limited (*frontispiece*); Butter Information Council; H. J. Heinz and Company Limited; Fruit Producers' Council; Dutch Dairy Bureau; Express Dairy; Tabasco Limited; Coffee Promotion Council; Cadbury-Schweppes Limited; Flour Advisory Bureau; Miss Kay Bellman (for drawings).

NOTE: Since this book was written, waxed tubs with screw-top lids have been discontinued. Special MSAT or deep freeze cellophane is now widely available and should be used whenever cellophane is required.

Contents

CHAPTER 1	Adaptable Freezing .	9
CHAPTER 2	Choosing a Freezer . . .	11
CHAPTER 3	Packing and Labelling . . .	14
CHAPTER 4	Freezing and Thawing . . .	18

Guide Plans

Plan 1	Suitable Packing Materials . . .	18
Plan 2	Appetisers . . .	19
Plan 3	Fruit . . .	21
Plan 4	Vegetables . . .	31
Plan 5	Fish and Shellfish . . .	40
Plan 6	Meat, Poultry and Game . . .	42
Plan 7	Stocks, Soups and Sauces . . .	49
Plan 8	Dairy Produce . . .	51
Plan 9	Desserts and Ices . . .	53

Plan 10	Pastry and Pies	.	56
Plan 11	Bread, Cakes and Biscuits	.	58
Plan 12	Cook's Treasures	.	63
Plan 13	Complete Freezer Meals	.	65
Plan 14	Leftovers	.	67

CHAPTER 5	Basic Recipes	.	72
	Index		94

1 Adaptable Freezing

Freezing is a quick method of preserving food safely. The activities of micro-organisms are slowed down as food approaches freezing point, and they become dormant at 0°F (-18°C). Home freezers are designed to bring the food down to this temperature, and to maintain the temperature for storage. Some home freezers can have their temperature reduced by a further 5° to 10°F for fast freezing. (Really deep freezing is only possible commercially; commercial frozen-food stores are usually maintained at -20°F (-29°C).)

The advantages of home freezing and bulk buying are being appreciated by an increasing number of people at all social and economic levels, both by town and country dwellers. Not only does a home-freezing system save money through economic purchasing of seasonal or commercially frozen raw materials, but also time is saved in shopping and by using a system of batch cookery.

The home freezer serves a dual purpose. It combines the long term storage of bulk raw materials which have been frozen at home or commercially, and the short term storage of fresh foods and cooked dishes with a quick turnover.

Long term storage is effective for foods purchased at advantageous

prices from bulk suppliers; for farm and garden produce, for gluts of seasonal food; and for special items such as tropical fruits or rich cream which can occasionally be found.

A quick turnover and short term storage is preferable for cooked foods; for leftovers; for basic items such as sauces; for regularly bought items such as bread which can be bought weekly or monthly; and for complete meals for entertaining or emergency use.

Freezing is an easy process if basic instructions are followed. These are not rigid rules but guide lines, showing how food can be kept well and retain flavour, colour and nutritive value. This book is based on a series of charts designed for quick reference when preserving both raw materials and cooked foods. Types of food suitable for freezing can be defined, but individual requirements must be assessed by experience and favourite recipes tested under freezing conditions. The basic recipes included here are those which have proved successful in freezer storage and in subsequent cooking and eating.

The refrigerator is an invaluable aid to successful freezing. The freezer will function better if food is chilled in the refrigerator before being placed in the cabinet for freezing. The ice-making

compartment of the refrigerator can also supply reserves of ice for rapid chilling of blanched vegetables and cooked dishes. Large quantities of food may be temporarily stored in the refrigerator while the smaller recommended quantities are being frozen.

The refrigerator ice-making compartment can also be used for short term storage of ice cream and other frozen products (see 'The Star System'). Frozen food should not be thawed quickly as rapid deterioration sets in, so the refrigerator is recommended for thawing almost all items. The housewife who can assess her daily needs can transfer items from freezer to refrigerator storage first thing in the morning ready for later serving and further cooking if necessary.

THE STAR SYSTEM

The star markings on frozen food compartments indicate the recommended storage times for individual packets of commercially frozen foods. These conform to British Standards Specification (No. 3739) and apply to the frozen food compartments of domestic refrigerators.

* (one star) -6°C or 21°F stores bought frozen food for one week, and ice cream for one day.

** (two star) -12°C or 10°F stores bought frozen food for one month, and ice cream for two weeks.

*** (three star) -18°C or 0°F stores bought frozen food for three

months, and ice cream for one month.

Three star frozen food compartments are normally capable of freezing down to 0°F within 24 hours small quantities of fresh or cooked food, according to individual refrigerator manufacturers' instructions.

A true food freezer however is capable of always operating at 0°F (-18°C) and is additionally capable of freezing unfrozen food to this temperature without any significant change in the temperature of the food already being stored. It can also store food for many months or even a year rather than weeks.

RUNNING COSTS

A freezer is not expensive to run. In average use, a 6 cubic foot freezer uses .3 kw per cubic foot per 24 hours; 12 cubic foot uses .25 kw per cubic foot per 24 hours; 18 cubic foot uses .20 kw per 24 hours. The approximate cost is 2d per cubic foot per week. The size of machine and its design, the frequency and length of time of opening, and the temperature of food to be frozen can affect running costs.

INSURANCE OF CONTENTS

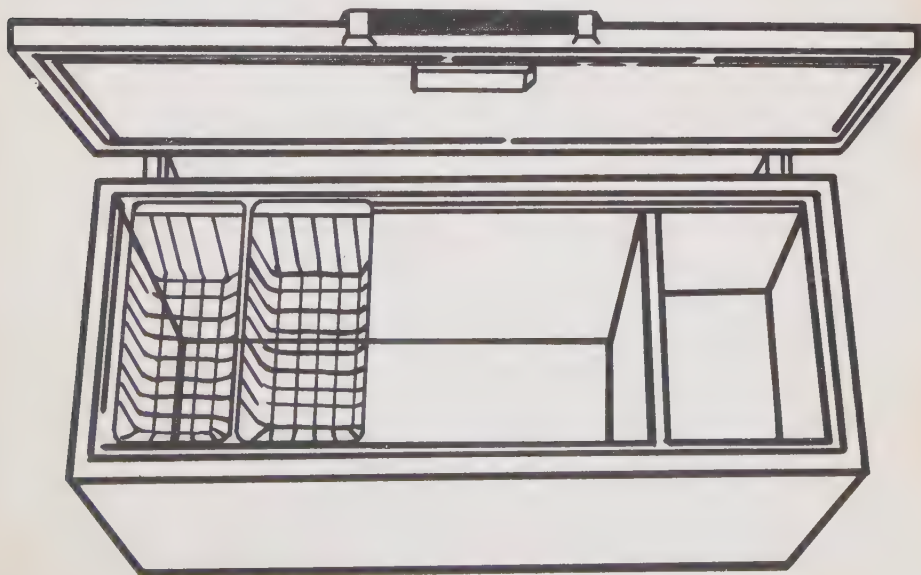
The contents of a freezer can be valuable, particularly if large quantities of meat or game are stored. Food stored in this way can be insured against loss at approximately £2 per £75 worth of food per annum.

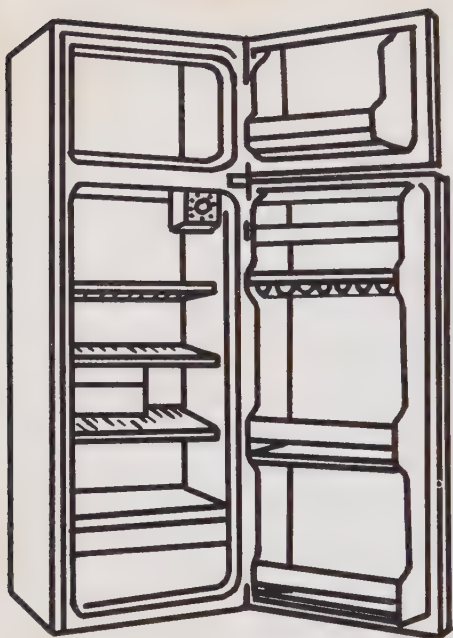
2 Choosing a Freezer

The choice of a freezer will depend not only on the size of your family and the amount of your home produce but on the space available in kitchen or outhouse. Ideally, the freezer should be within easy reach of the cook, but excessive kitchen heat will put a heavy load on the cooling mechanism. Air must circulate freely round the freezer so that heat can be efficiently removed from the condenser. Dampness will damage both cabinet and motor.

Chest freezers are particularly suitable for locating in a garage or outhouse, and are excellent for bulk storage of such items as meat. Storage baskets make for tidiness, and help to divide food to be used soon from that which is kept for long-term storage. Very large commercial sizes are usually designed as chests, and represent considerable economy in purchasing as they are untaxed. It is important that a chest freezer has a magnetic lid seal and a self-balancing lid.

Here is a chest freezer seen from above. Some of the storage baskets have been omitted, so that the whole interior shows clearly.





A combination refrigerator-freezer is ideal for a small family or for one with a big turnover in packed meals or between-meal snacks. The freezer compartment here is on top of the refrigerator.

Upright freezers are very convenient for packing, with separate shelves for different types of food. There may be some slight intermittent rise in temperature in upright freezers as doors are often left open. Upright freezers have their weight concentrated in a small area, and it is important to check that the floor will take the weight of the freezer chosen.



Here is a family-style refrigerator. Its ice-making compartment just under the top surface also has room for small quantities of frozen goods. Above it is an enlargement of the compartment's front door, showing a 'two-star' recommended storage time for frozen foods and the switch which regulates the degree of coldness in the refrigerator itself.

Combination refrigerator freezers are very useful when space is limited as in a town house or flat. Normally, the freezer is on top of the

refrigerator, but sometimes they are side by side. In either case the compartments are independent.

SPECIAL FEATURES TO LOOK FOR

Most freezers have a light which comes on when the electricity supply is connected and switched on; failure of the light means the power supply has been cut off and immediate investigation is necessary. Some freezers have a signal light connected to the thermostat which stays on as long as the cabinet temperature does not rise above a few degrees from the normal operating temperature.

Fast freezing compartments, switches and indicator lights are useful adjuncts to a freezer. Some freezers have a compartment divided by a panel or grid to keep still-unfrozen foods separate from stored foods while they are being processed. Some upright freezers have a shelf for fast freezing which is very useful for pro-

cessing vegetables, cakes and pies which can be frozen before wrapping. The fast freezing switch cuts out thermostatic control so that the motor runs continuously; heat is thus removed from unfrozen food as quickly as possible and the stored foods do not rise in temperature. The switch must be returned to normal running as soon as possible; sometimes the switch is wired in conjunction with an indicator light to show when the motor is running continuously.

Other useful additions to a freezer are storage baskets, which aid tidiness. Locks are useful to avoid pilfering if the freezer is stored in an outhouse; they also prevent children opening the freezer and leaving it open.

INSTALLING THE FREEZER

A newly installed freezer should be washed inside with warm water and dried thoroughly, then set at the recommended temperature for everyday use. The cabinet should be chilled for 12 hours before use.

3 Packing and Labelling

Freezing is not only an easy way of preserving both raw and cooked food, but it is also completely safe if the rules of hygiene are observed and food is correctly packed.

Good food will keep its quality and nutritive value in the freezer, but freezing cannot improve poor quality food.

BASIC FREEZING PROCEDURE

- 1 All food for freezing must be processed quickly, according to the instructions in GUIDE PLANS 2-14.
- 2 Food must be thoroughly chilled before being put in the freezer to avoid raising the temperature of food already stored.
- 3 Food must be carefully packed to exclude air, and should be labelled for identification. A simple record of the food in the freezer will aid meal planning and encourage you to maintain a steady turnover.
- 4 Food should be frozen quickly, preferably against the cold surfaces of the cabinet, and at the recommended low temperature.
- 5 Frozen cooked food must never be thawed and then refrozen. Raw materials should not be thawed and refrozen, but may be made into cooked dishes and frozen.

PORTIONS

Food should be prepared and packed in useable portions. Most people find it wise to prepare some large or family-sized packs and also a

number of individual packs for use for single meals. Large packs of fruit and vegetables can be re-fastened after portions have been removed. A single portion of food will vary according to whether it is for a small child, a woman or a manual worker. Two people usually eat slightly less than two single portions when together.

PACKAGING MATERIALS

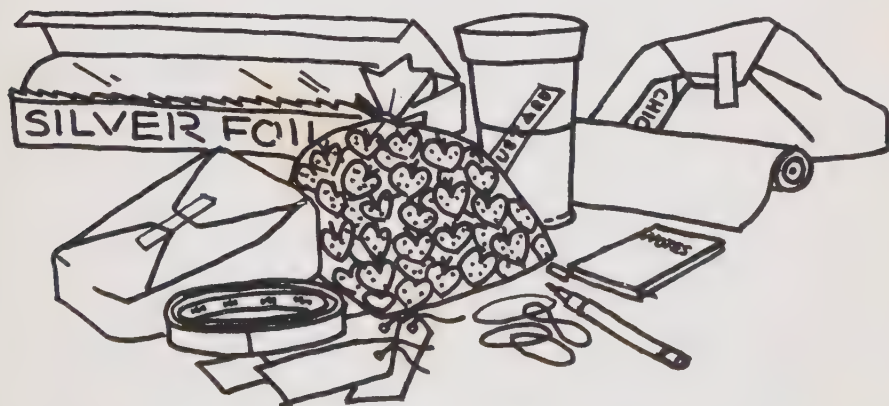
All packaging should be moisture and vapour proof, waterproof and greaseproof; durable and resistant to low temperatures; easily handled, economically stored and free from smell. Suitable materials are indicated in GUIDE PLAN 1 for various groups of foods; individual packing methods are described in PLANS 2-14.

Waxed tubs Waxed tubs are available with flush airtight lids and with screw-on tops. Waxed cartons are also made with fitted lids in square and rectangular shapes, and there are tall containers with tuck-in lids, and special ones with polythene liners which are suitable for food subject to leakage.

Rigid plastic containers Most branded plastic boxes are suitable for freezer storage. Those with flexible sides can be lightly pressed to aid removal of contents. Special Swedish freezer boxes are available which can be boiled for sterilization and which stack and save space.



In the picture above, various storage containers for frozen foods are shown. Below, you can see some of the packaging and labelling materials which are commonly used, and the correct way to 'parcel' frozen foods.



Glass jars Screwtop preserving jars, bottles and honey jars may be used for freezing if tested for resistance to low temperature. Place an empty jar in a plastic bag in the freezer overnight; if it breaks, the bag will hold the pieces. Jars with 'shoulders' should not be used as this necessitates

long thawing before the food can be turned out and used.

If using freezer-to-table ware, remember that it is a bad conductor of heat. This means that dishes are slow in heating but hold their heat for a long time. Allow extra time for water, stock or sauces to reach boiling

point, but in all cookery remove from the heat a short while before you would do so in other pans. It is difficult to halt the cooking even after removal from heat; sauces tend, therefore, to solidify or curdle, eggs harden and seared meats burn.

Polythene Polythene bags are useful for almost all freezer food, and are available in a wide variety of sizes; they should be of the special heavy quality designed for low temperatures. Polythene sheeting is easy to handle for wrapping meat, poultry and pies, and its transparency makes quick identification easy.

Foil and freezer paper Foil dishes are useful for dishes which are cooked before freezing and are later reheated, as one container may be used for all the processes. Heavy duty foil sheeting is useful for overwrapping these dishes, and for packing both raw and cooked foods; it should be used with the dull side towards the food. Freezer paper is strong wrapping which is highly resistant to fat and grease, does not puncture easily, and has an uncoated outer surface on which labelling details may be written.

All types of container and sheet wrapping must be firmly sealed. Bags can be closed with fasteners or heat-sealed with a special welding unit, or with a domestic iron used over thick paper. Special deep-freezing tape with gum which is resistant to low temperatures must be used for finishing sheet-wrapped packages and sealing containers with lids.

HEADSPACE AND AIR EXCLUSION

Containers with lids should be

packed so that headspace from $\frac{1}{2}$ inch to 1 inch is left above the surface of the food to allow for expansion of contents, according to individual foods.

All sheet wrappings or bags must have the air pressed out so that the wrapping adheres closely to the food. When forming a parcel, the air can be pressed out with the hands. Air is most easily removed from bags by the insertion of a drinking straw at the closing, and by sucking the air out just before sealing.

PACKAGING

To avoid loss of quality, food should be carefully processed, packed, and then thawed or cooked quickly when needed. An enzyme is a type of protein which accelerates the chemical reactions in food. These reactions are slowed down by a freezing process, which is why freezing must be done quickly. Thawing speeds up enzymic reaction. It therefore encourages rapid deterioration, so that food is best thawed in a cold atmosphere such as a refrigerator, and must be eaten or cooked immediately after thawing.

Bad packaging causes a number of problems which does not render the food dangerous to eat, but which may cause an unattractive appearance, toughness and dryness, lack of flavour, or unpleasant mingling of flavours from different foods. Some of these are:

Dehydration and freezer burn

Long storage and poor wrapping may result in the removal of moisture and juices, particularly from meat. This sometimes causes greyish-brown areas on food known as 'freezer burn'.

Oxidation and rancidity Oxygen from the air which penetrates wrappings reacts with fat cells in food to form chemicals which give meat and fish a bad taste and smell. Fried foods and fat meat and fish can suffer from this problem in the freezer. Salt accelerates this rancidity.

Broken packages and cross-flavourings Rough handling, sharp edges, brittle wrappings or overfilled containers may cause cracks or breakages which will result in dehydration or oxidation. This can also result in cross-flavouring with strongly-flavoured foods, which may also spread smells and flavours if packages are not very strong or overwrapped.

Flabbiness Limp and flabby fruit and vegetables are caused by slow freezing, and sometimes by the choice of varieties unsuitable for freezing, which must be subject to trial and error. Suitable varieties are recommended in GUIDE PLANS 3 and 4.

Ice crystals If too large a headspace is left on liquid foods in containers, a layer of ice crystals may form which will affect storage and flavour. Liquids can be shaken or stirred back into emulsion when heated or thawed. If the problem occurs in meat, fish, vegetables or fruit, it is usually because the food has been slow-frozen so that moisture in the cells has expanded and frozen and broken surrounding tissues. This results in juices and flavour being lost.

CLEANING AND DEFROSTING

Defrosting is normally carried out

when ice is $\frac{1}{4}$ inch thick. Manufacturers' instructions should be followed for occasional defrosting, but build-ups of ice may be removed with a plastic scraper. Sharp tools or wire brushes should not be used. For complete defrosting, food should be removed to a refrigerator or wrapped in layers of newspapers and blankets in a cold place. After defrosting, the freezer should be wiped completely dry and run at the coldest setting for 30 minutes before replacing food. The machine should then continue to run at the coldest setting for a further $2\frac{1}{2}$ hours before the switch is returned to normal setting.

The inside of the freezer is best cleaned with a solution of 1 quart water and 1 tablespoon bicarbonate of soda; the water should be lukewarm. Soap, detergent or caustic cleaners must not be used. The outside of the cabinet may be cleaned with warm soapy water and polished with enamel surface polish.

POWER FAILURE

When power fails, the freezer is best checked first for local causes. The switch may have been turned off by mistake, or the fuse in the plug may have 'blown'.

The cabinet should be left shut when power has failed, so that the cold temperature is retained. Properly packed food will last about 12 hours safely, although this depends on the load of food and on insulation. A fully-packed freezer will maintain a low temperature for a long period.

4 Freezing and Thawing

Guide Plans

Plan 1

Suitable Packing Materials

The most commonly used packaging materials for various types of food are indicated thus *.

FOOD	WAXED OR RIGID PLASTIC CONTAINERS	FOIL CONTAINERS	FOIL SHEETING	POLYTHENE BAGS OR SHEETING
Fresh Meat			*	*
Fresh Poultry and Game			*	*
Fresh Fish			*	*
Cooked Meat and Fish Dishes	*	*	*	*
Fresh Vegetables	*			*
Fresh Vegetables (brine pack)	*			
Fresh Fruit (unsweetened or dry sugar pack)	*			*
Fresh Fruit (syrup pack)	*			
Butter, Margarine and Fats		*	*	*
Cheese			*	*
Milk and Cream	*			
Eggs	*	*		
Soups and Sauces	*	*	*	*
Bread, Cakes and Biscuits			*	*
Pastry and Pies		*	*	*
Desserts	*	*	*	*
Ice Cream	*		*	

Note: An asterisk after a name in the following text indicates that a recipe is given for the named dish in Chapter 5.

Plan 2

Appetisers

Many items may be frozen as first courses, or for serving at parties, and a number of these can also be used for a light meal. Additionally Soups (Plan 7), Savoury Flans (Plan 10) and Pancakes (Plan 11) with savoury fillings can be used as meal starters.

CANAPES

Preparation and packing Used day-old bread cut in shapes. Spread with butter to edge of bread and use spreads suitable for freezing. Freeze unwrapped on baking trays and wrap in foil or polythene for storage.

Thawing and servicing Put on serving tray 1 hour before serving.

Special notes Canapés are best made with bread for freezing, not toast or fried bread. Avoid hard-cooked egg whites and mayonnaise in toppings. Aspic topping can be used and will keep toppings moist, but becomes cloudy after thawing.

BACON-WRAPPED APPETISERS

Preparation and packing Wrap bacon round fillings, secure with cocktail sticks, and freeze quickly unwrapped on trays. Pack in polythene bags for storage.

Thawing and serving Put frozen appetisers under grill or in hot oven until bacon is crisp.

Storage time 2 weeks.

Special notes Suitable fillings are chicken livers, cocktail sausages, or prunes stuffed with cream cheese.

CHEESE PASTRIES

Preparation and packing Pastry made with cheese to use as the basis of canapés or savouries, or in the form of cheese straws, should be cut in shapes, and frozen on trays before packing into bags for storage.

Thawing and serving Bake unthawed at 400°F (Gas Mark 6) for 5 to 15 minutes according to size, until golden and crisp, and serve hot.

Storage time 4 months.

SAVOURY CHOUX PASTRIES

Preparation and packing Prepare choux pastry puffs and freeze when baked (PLAN ELEVEN). Freeze fillings in waxed or rigid plastic containers.

Thawing and serving Put frozen puffs in oven heated to 300°F (Gas Mark 2) for 10 minutes. Cool, cut open and fill. Heat fillings gently in double boiler and cool before filling puffs.

Storage time 1 month.

Special notes Good fillings for freezing are creamed chopped chicken or ham, creamed mushrooms, creamed shrimps, and rich cheese sauce.

VOL-AU-VENT CASES

Preparation and packing Prepare pastry cases (PLAN TEN) and freeze fillings separately as for Savoury Choux Pastries.

Thawing and serving Thaw cases at room temperature for 1 hour and bake as fresh pastry. Heat fillings in

double boiler before filling cases.

Storage time 4 months.

Special notes The same fillings can be used as for Savoury Choux Pastries, but ingredients may be a little more coarsely chopped.

DIPS AND SPREADS

Preparation and packing Recipes should be based on cottage or cream cheese. Avoid salad dressings, mayonnaises, hard-cooked egg whites or crisp vegetables. Pack in waxed or rigid plastic containers.

Thawing and serving Thaw in containers at room temperature for 5 hours.

Storage time 1 month.

Special notes Label carefully, noting additions needed on thawing, such as salad dressing. Dips containing garlic, onion or bacon must be very carefully packed to avoid cross-flavouring in the freezer.

MEAT AND GAME PATES

Preparation and packing Prepare to standard recipes. Cook in loaf tins or in individual pots for freezing and serving. Chill in the refrigerator for 24 hours before freezing, and turn large pâtés out of tins and wrap in foil for freezing and storage.

Thawing and serving Thaw in their wrappings, in the refrigerator, for 6 hours, and eat quickly after thawing.

Storage time 1 month.

FISH PATES

Preparation and packing Pâté made with smoked fish or roe blended with oil or butter is best packed in small individual containers with lids.

Thawing and serving Thaw in refrigerator for 3 hours; stir gently to blend.

Storage time 1 month.

POTTED SHRIMPS

Preparation and packing Freshly cooked shrimps packed in seasoned butter keep well in individual containers with lids. Chill in refrigerator before covering and storing in freezer.

Thawing and serving Thaw in containers at room temperature for 2 hours.

Storage time 6 months.

QUICHE LORRAINE

Preparation and packing Bake Quiche Lorraine* in foil case, ready for freezing, or in flan ring. Cool quickly and wrap in foil. Pack in box to avoid damage.

Thawing and serving Thaw in refrigerator for 6 hours to serve cold. Heat at 350°F (Gas Mark 4) for 20 minutes to serve hot.

Storage time 2 months.

PIZZA

Preparation and packing Prepare Pizza* on flat foil plate and bake. Wrap in foil for storage.

Thawing and serving Unwrap and thaw at room temperature for 1 hour, then bake at 375°F (Gas Mark 5) for 25 minutes and serve very hot.

Storage time 1 month.

Special notes Anchovies may be omitted from topping as their saltiness may cause rancidity in the fatty cheese during storage, and they can be added at the reheating stage. Fresh herbs should be used rather than dried.

Plan 3

Fruit

Home-grown fruit should be frozen on the day it is picked. Shop fruit such as pineapples or figs may be frozen when cheap and plentiful but should be handled in small quantities.

Fully-flavoured fruit is the most successful. Bland fruit such as pears will appear satisfactory but have little flavour. Fruit should be of top quality in peak condition; unripe fruit will have a poor flavour and colour, although it can be preserved for future use in jam-making. Very ripe fruit should be stored as purée.

CLEANING AND GRADING

Fruit should be well washed in chilled water to avoid sogginess and loss of juice, then drained thoroughly and dried on absorbent paper. It must be handled gently when removing stems or stones, to avoid bruising and loss of juice. Copper, iron or galvanised ware should not be used in preparation since it will result in off-flavours. Silver implements should be used for fruit such as peaches.

Some fruit, such as strawberries, should be graded before packing to ensure even freezing and thawing. Fruit may be packed dry and unsweetened in a dry sugar pack, in an unsweetened wet pack, or in syrup.

UNSWEETENED DRY PACK

This can be used for fruit which will later be stewed or used for pies, or which is intended for those on a sugar-free diet. It is not suitable for fruit

which discolours easily; sugar retards enzyme action which causes darkening. Fruit packed in this way should be cleaned and drained and packed into cartons or polythene bags.

UNSWEETENED WET PACK

Fruit may be packed in this way for people on a diet, or if the fruit itself is very sweet. The fruit can be crushed in its own juice or covered with water and lemon juice to prevent discoloration (juice of 1 lemon to 1½ pints water). It must be packed in leak-proof containers. A sugar substitute or a sugar-free carbonated beverage may be added to the liquid.

DRY SUGAR PACK

Berries are particularly successful when frozen by this method, and it can be used for any fruit which is soft and juicy. Fruit may be crushed or sliced, or left whole if small. It may be mixed thoroughly with the sugar recommended and packed in cartons or polythene bags; or fruit may be packed in layers with sugar in cartons, leaving ½ inch headspace.

SYRUP PACK

Non-juicy fruits and those which discolour easily are best preserved in syrup. This may be made with white sugar and water, the most usual method. Honey flavours the fruit strongly; brown sugar affects the colour of the fruit. Sugar syrup is made up in different proportions, and a medium syrup is normally used,

since a heavy syrup tends to make fruit flabby.

Use a breakfast cup to measure quantities. Dissolve the sugar in boiling water, then cool it. The syrup is best chilled in a refrigerator overnight before use. The fruit must be packed in leakproof containers, and wholly covered with syrup, leaving headspace. A piece of cellophane pressed over the fruit and into the syrup before sealing will prevent discoloration.

Here is a table of syrups:

SUGAR	WATER	TYPE OF SYRUP	YIELD
1 cup	4 cups	20% very light syrup	5 cups
2 cups	4 cups	30% light syrup	5½ cups
3½ cups	4 cups	40% medium syrup	5½ cups
4¾ cups	4 cups	50% heavy syrup	6½ cups
7 cups	4 cups	60% very heavy syrup	7¾ cups
9 cups	4 cups	70% extra heavy syrup	8⅔ cups

PACKING AND LABELLING

Headspace must be left for all fruit in sugar or syrup, and for juice or purée. Allow ½ inch for all dry packs; ½ to 1 inch per pint for wide-topped wet packs; ¾ to 1 inch per pint for narrow-topped wet packs. Allow double headspace for quart containers.

Label fruit packs carefully, with ultimate use in mind if for pies or jam. Indicate type of pack, and amount of sweetening already included.

DISCOLORATION

In general, fruit containing a lot of Vitamin C darkens less easily than others, so that lemon juice or citric acid added to a sugar pack will help

to arrest darkening. Use the juice of 1 lemon to 1½ pints water, or 1 teaspoon citric acid to 1 lb sugar in a dry pack.

Apples, pears and peaches are particularly subject to discoloration. These fruits should be eaten quickly on thawing while a few ice crystals remain, as air reacts on the cells of fruit, causing darkening. For this reason, the fruit must be prepared quickly once the natural protection of skin or rind is broken.

Rapid thawing will help to prevent

discoloration of fruit, and unsweetened frozen fruit may be put at once into hot syrup.

Fruit purée is subject to darkening owing to the amount of air forced through the sieve during preparation.

FRUIT PUREE

Ripe fruit can be sieved and sweetened to freeze as purée. The fruit may be left raw, as with raspberries or strawberries. Other fruit can be cooked in the minimum of water or in its own juice (preferably in a covered dish in a low oven). Fruit purée will only keep 4 months.

FRUIT SYRUP

Any standard recipe can be used for

Fruit Syrup*. This is best frozen in ice cube trays, each frozen cube being wrapped in foil for storage; each should be big enough for one drink or serving of sauce.

FRUIT JUICE

Non-citrus fruit may be mashed with a silver fork, then covered with water (4 cups fruit to 1 cup water) and simmered for 10 minutes before straining through a jelly bag or cloth and cooled for freezing. Juice may be frozen unsweetened or sweetened, and is best prepared by the ice cube method.

Apple juice can be made in the proportion of $\frac{1}{2}$ pint water to 2 lbs apples or peelings may be simmered in water, using the same quantities. It must be sweetened as fermentation sets in quickly.

Citrus fruit for juice-making should be good quality and heavy in the hand for its size. Unpeeled fruit must be chilled in iced water before juice is extracted and strained.

SERVING FROZEN FRUIT

Raw frozen fruit is best served still slightly chilled and frosty. It is best thawed in the unopened container. Unsweetened fruit takes longer to thaw than sweet fruit; fruit in dry sugar thaws most quickly. Provision should be made for the amount of juice released from thawing fruit. Allow 6–8 hours for thawing a 1 lb fruit pack in syrup in the refrigerator; 2–4 hours at room temperature. Fruit will lose quality and flavour if left too long after thawing.

Fruit can be cooked immediately after removal from the freezer.

APPLES

Preparation and packing Peel, core and drop in cold water. Slice medium apples in twelfths, large apples in sixteenths. Slices may be blanched for 3 minutes and cooled before packing. Use:

- 1 Dry sugar pack, using $\frac{1}{2}$ lb sugar to 2 lbs fruit, with $\frac{1}{2}$ inch headspace. Use containers, or pack in polythene bags.
- 2 40% syrup pack. Quarter-fill container with syrup, slice in apples, finishing with more syrup; cover with cellophane, leaving $\frac{1}{2}$ inch headspace.

Thawing and serving Use frozen pie slices for pies and puddings, adjusting sweetening to taste.

Storage time 8–12 months.

Special notes Use firm crisp apples for pie slices; apples which fluff and burst may be frozen as purée or Apple Sauce*. Baked Apples* and Fruit Pies* may be ready-cooked before freezing.

APRICOTS

Preparation and packing Freeze unpeeled halves or peeled slices. Prepare in small quantities to avoid discoloration. **Half apricots** should be washed and stoned; drop in boiling water for $\frac{1}{2}$ minute to prevent skins toughening, then chill in iced water. Use a dry sugar pack (4 oz sugar to 1 lb fruit) or 40% syrup. **Sliced apricots** should be peeled quickly and sliced directly into containers holding a 40% syrup; they should be covered with cellophane, allowing $\frac{1}{2}$ inch headspace.

Thawing and serving $3\frac{1}{2}$ hours in pack at room temperature.

Storage time 12 months.

Special notes Lemon juice or citric acid can be added to give a better colour (see Discoloration). Very ripe fruit can be frozen as purée to serve as a sauce or for making ice cream.

AVOCADO PEARS

Preparation and packing Prepare as halves, slices or pulp. **Halves** should be rubbed with lemon juice, wrapped in foil, and stored in polythene bags. **Slices** must be dipped in lemon juice and frozen in waxed or rigid plastic containers. **Pulp** should be mashed, allowing 1 tablespoon lemon juice to each avocado, and should be packed in small containers. **Thawing and serving** $2\frac{1}{2}$ to 3 hours at room temperature. Use immediately when thawed. Mix pulp with onion, garlic or herbs for a dip or spread.

Storage time 2 months.

Special notes Subtlety of flavour is lost in freezing and fruit discolours very quickly. Pulp is more successful than halves or slices.

BANANAS

Preparation and packing Mash fruit in chilled bowl, mixing with 8 oz sugar to 3 breakfastcup banana pulp and 3 tablespoons lemon juice. Pack in small containers which can be used quickly.

Thawing and serving 6 hours in unopened container in refrigerator. Use for sandwiches or for bread and cakes.

Storage time 2 months.

Special notes There seems little reason to freeze bananas since supply and price vary little with the seasons.

The fruit must be prepared very quickly as it discolours rapidly, and must also be used quickly on thawing. For children, Chocolate Covered Bananas* freeze well.

BLACKBERRIES

Preparation and packing Wash in chilled water and drain dry on absorbent paper. Pack whole berries in waxed or rigid plastic containers or polythene bags. As to sweetening:

- 1 Unsweetened berries may be fast frozen in a single layer on trays, then packed in bags.
- 2 Use a dry sugar pack, 8 oz sugar to 2 lbs fruit, leaving headspace in containers, or packing in polythene bags.
- 3 Use a 50% syrup pack, leaving headspace.

Crushed berries may be sieved and sweetened, allowing 4 oz sugar to 1 pint crushed berries. Stir until dissolved, leaving $\frac{1}{2}$ inch headspace.

Thawing and serving 3 hours at room temperature. Berries may be eaten raw with sugar, or cooked, or used in pies or puddings.

Storage time 1 year.

Special notes Dark glossy, fully ripe berries are best, preferably cultivated varieties. Berries with woody pips or green patches should be discarded.

BLUEBERRIES

Preparation and packing Wash in chilled water and drain thoroughly. The skins toughen on freezing, so crush fruit slightly first or hold over steam for 1 minute before cooling and packing. As to sweetening:

- 1 Unsweetened berries may be fast frozen in a single layer on trays,

then packed in bags.

- 2 Use a dry sugar pack. 4 oz sugar to 4 breakfastcups berries is best, with berries slightly crushed and mixed with sugar until dissolved. Pack in containers or polythene bags.
- 3 Use a 50% syrup pack, leaving headspace.

Thawing and serving 3 hours room temperature. Fruit in syrup may be served cold; unsweetened or dry sugar packed berries may be cooked with water or used for pies.

Storage time 12 months.

CHERRIES

Preparation and packing Firm up cherries in chilled water for 1 hour; dry and remove stones which flavour fruit in freezing. Use glass or plastic containers as cherry juice acid tends to remain liquid and may leak through cardboard during storage.

- 1 Use a dry sugar pack. $\frac{1}{2}$ lb sugar to 2 lbs pitted cherries, packed in containers or polythene bags, is best for pie-making.
- 2 Use a 40% syrup pack, leaving headspace, for sweet cherries.
- 3 Use a 50% or 60% syrup pack, leaving headspace, for sour cherries.

Thawing and serving 3 hours at room temperature. Use sugared cherries for pies; syrup-packed cherries may be served cold.

Storage time 12 months.

Special notes Sweet and sour cherries freeze equally well, but red varieties do so better than black. Lemon juice or citric acid prevents darkening and helps flavour retention.

COCONUT

Preparation and packing Grate or shred fresh coconut, moisten with coconut milk, and pack into waxed or rigid plastic containers, or polythene bags. For sweet dishes, add 4 oz sugar to 4 breakfastcups of shredded coconut. Shredded coconut may also be toasted, cooled and packed.

Thawing and serving 2 hours at room temperature. Use for fruit salads or icings, or for curry dishes. It is best to drain off coconut milk immediately after thawing and before use.

Storage time 2 months.

CRAB APPLES

Preparation and packing Prepare as apple slices to use later for crab-apple jelly.

Storage time 1 year.

CRANBERRIES

Preparation and packing Discard shrivelled or soft berries. Wash in cold water and drain.

- 1 Unsweetened berries packed dry in bags or containers are the most useful, for later conversion into sauce or pies.
- 2 Purée berries by cooking gently in very little water until the skins pop; then sieve and add 8 oz sugar to each pint of purée. Allow $\frac{1}{2}$ inch headspace in containers.

Thawing and serving $3\frac{1}{2}$ hours at room temperature. Unsweetened berries can be cooked in water and sugar while still frozen.

Storage time 12 months.

Special notes Only firm, well-coloured glossy berries without mealiness should be used.

CURRENTS

Preparation and packing Strip fruit from stems with a fork, wash in chilled water and dry gently. As to sweetening:

- 1 Unsweetened berries may be packed dry in polythene bags for later use in jam-making.
- 2 Use a dry sugar pack, 8 oz sugar to 1 lb prepared berries; mix until almost dissolved, and pack in containers or suitable polythene bags.
- 3 Use a 40% syrup pack in containers.

Blackcurrants are also excellent if made into a purée, sweetened and packed into small containers to use for drinks, ices and puddings.

Thawing and serving $\frac{3}{4}$ hour at room temperature.

Storage time 12 months.

Special notes Black, red and white currants all freeze successfully by the same methods. *Boskoop Giant* and *Wellington* are good varieties of blackcurrants for freezing.

DAMSONS

Preparation and packing Wash fruit in chilled water, cut in half remove stones, and use 50% syrup. The fruit is better as a purée, since the skins toughen during freezing and the stones flavour the fruit.

Thawing and serving $2\frac{1}{2}$ hours at room temperature.

Storage time 12 months.

DATES

Preparation and packing Wrap block dates in foil or polythene bags. Remove stones from dessert dates and pack in polythene bags or in waxed or

rigid plastic containers.

Thawing and serving $\frac{1}{2}$ hour at room temperature. Serve as dessert, or use for cakes and puddings.

Storage time 12 months.

Special notes Dates stored in boxes dry out and develop off-flavours; so since they have a limited season, they are worth freezing.

FIGS

Preparation and packing Wash in chilled water, remove stems with a sharp knife, and handle carefully to avoid bruising.

- 1 Unsweetened figs may be frozen whole and peeled, or unpeeled, in polythene bags.
- 2 30% syrup pack may be used for peeled figs.
- 3 Dried dessert figs may be wrapped in foil or polythene bags.

Thawing and serving $1\frac{1}{2}$ hours at room temperature. Unsweetened figs may be eaten raw, or cooked in syrup.

Storage time 12 months.

Special notes Both green and purple figs can be frozen successfully. They should be fully ripe, soft and sweet, with small seeds and slightly shrivelled but unsplit skins.

GOOSEBERRIES

Preparation and packing Wash in chilled water and dry. As to sweetening:

- 1 Unsweetened fruit can be frozen in polythene bags without sweetening. For pies, fruit should be fully ripe. For jam, fruit may be frozen slightly under-ripe.
- 2 40% syrup may be used, but skins tend to toughen in storage.

- 3 Purée made by stewing fruit in very little water, sieving and sweetening to taste is useful for foos and mousses.

Thawing and serving $2\frac{1}{2}$ hours at room temperature. Fruit may be put into pies or cooked with sugar and water while still frozen. Purée should be used as soon as it is thawed.

Storage time 12 months.

Special notes The best variety for freezing is *Careless*.

GRAPEFRUIT

Preparation and packing Peel fruit, remove all pith and cut segments away from pith.

- 1 Use a dry sugar pack, 8 oz sugar to 2 breakfast cups segments, in waxed or rigid plastic containers.
- 2 Use a 50% syrup pack.

Thawing and serving $2\frac{1}{2}$ hours at room temperature.

Storage time 12 months.

GRAPES

Preparation and packing Seedless varieties can be packed whole; others should be skinned, pipped and halved. They are best packed in 30% syrup.

Thawing and serving $2\frac{1}{2}$ hours at room temperature.

Storage time 12 months.

Special notes Grapes should be firm, ripe, sweet and with tender skins. For decorative purposes, a perfect bunch of grapes may be frozen in a polythene bag and stored up to 2 weeks; the grapes look full and rich and taste excellent.

GREENGAGES

Preparation and packing Wash in

chilled water and dry well. Cut in halves, removing stones, and pack in 40% syrup in waxed or rigid plastic containers.

Thawing and serving $2\frac{1}{2}$ hours at room temperature.

Storage time 12 months.

Special notes Skins tend to toughen during storage, and the stones flavour fruit, so an unsweetened dry pack is not recommended.

GUAVAS

Preparation and packing Wash fresh fruit, cook with a little water and purée. Cooking in pineapple juice improves flavour. Fruit can also be peeled, halved and cooked until tender, then packed in 30% syrup. Canned guavas can be packed in their own syrup.

Thawing and serving $1\frac{1}{2}$ hours at room temperature.

Storage time 12 months.

KUMQUATS

Preparation and packing Wipe whole fruit in foil, or cover with cold 50% syrup in waxed or rigid plastic containers.

Thawing and serving 2 hours at room temperature; use unsweetened fruit immediately after thawing.

Storage time 2 months if unsweetened; 12 months in syrup.

LEMONS AND LIMES

Preparation and packing Peel lemon or lime slices and freeze in 20% syrup in small packs.

Thawing and serving 1 hour at room temperature, to use as garnishes or in drinks.

Storage time 12 months.

LOGANBERRIES

Preparation and packing Treat as Blackberries.

Thawing and serving 3 hours at room temperature. Fruit is particularly good for ices and mousses.

Storage time 12 months.

MANGOES

Preparation and packing Peel ripe fruit and slice into 50% cold syrup, having added 2 dessertspoons lemon juice to each quart syrup. Canned fruit can be frozen in syrup.

Thawing and serving 1½ hours at room temperature.

Storage time 12 months.

MELONS

Preparation and packing Cut flesh in cubes or balls and toss in lemon juice before packing in 30% syrup.

Thawing and serving Thaw unopened in refrigerator and serve while still a little frosty.

Storage time 12 months.

Special notes Cantaloup and honey-dew melons and watermelons are all good frozen; but seeds make preparation of watermelon difficult.

NECTARINES

Preparation and packing Treat as peaches, peeling or not as desired.

Thawing and serving 3 hours in refrigerator.

Storage time 12 months.

ORANGES

Preparation and packing Oranges may be treated as grapefruit in sections; but they are better in slices. Peel

fruit and remove all pith, cutting flesh in ¼ inch slices. As to sweetening:

- 1 A dry sugar pack, using 8 oz sugar to 3 breakfastcups of orange pieces, can be packed in containers or polythene bags.
- 2 Use a 30% syrup in waxed or rigid plastic containers; covering with cellophane, leaving ½ inch headspace.
- 3 Slices may be packed in slightly sweetened fresh orange juice.

Thawing and serving 2½ hours at room temperature. Segments are most useful for breakfast, slices for other meals.

Storage time 12 months.

Special notes Navel oranges develop a bitter flavour when frozen.

PEACHES

Preparation and packing Deal with peaches one at a time as they discolour quickly. Peel, halve and slice, and brush with lemon juice. They are best peeled and stoned under cold running water, as boiling water used for skinning will cause them to soften and brown.

- 1 Use 40% syrup for halves or slices. Pack in waxed or rigid plastic containers and cover with cellophane, leaving ½ inch headspace.
- 2 Purée peeled and stoned peaches, by crushing with a silver fork and mixing 1 tablespoon lemon juice juice and 4 oz sugar to each lb of fruit.

Thawing and serving Thaw slowly in refrigerator to prevent discoloration on exposure to the air. If to be used for cakes or with cream, use half-thawed so they will be ready by the time preparation of the dish is

finished. Use purée for sauce or ice cream.

Storage time 12 months.

PEARS

Preparation and packing Peel and quarter, remove cores and dip pieces in lemon juice immediately. Poach pears in 30% syrup for 1½ minutes, drain and cool, and pack in cold syrup.

Thawing and serving 3 hours at room temperature.

Storage time 12 months.

Special notes Pears discolour badly during freezing, and do not retain their delicate flavour. The best pears to use are ripe, but not over-ripe.

PERSIMMONS

Preparation and packing Peel fully ripe fruit and freeze whole in 50% syrup; add 1 dessertspoon lemon juice to 1 quart syrup. Purée may be sweetened, allowing 1 breakfast cup sugar to 4 breakfast cups of purée. Whole unpeeled fruit may be wrapped in foil.

Thawing and serving 3 hours at room temperature. Use whole unpeeled fruit when barely thawed as it darkens and loses flavour when standing.

Storage time 2 months if raw; 12 months if in syrup or as purée.

PINEAPPLE

Preparation and packing Peel fruit and cut into slices or chunks. As to sweetening:

- 1 Unsweetened slices may be packed in boxes with double thickness of cellophane to keep slices separate.
- 2 Use a 30% syrup in waxed or rigid

plastic containers, including any pineapple juice resulting from preparation; cover with cellophane, allowing ½ inch headspace.

- 3 Crush pineapple, allowing 4 oz sugar to 2 breakfast cups of prepared fruit.

Thawing and serving 3 hours at room temperature.

Storage time 12 months.

Special notes Pineapples, to freeze well, should be fully ripe with golden yellow flesh.

PLUMS

Preparation and packing Treat as greengages. Dried prunes may be frozen as dates or figs.

Thawing and serving 2½ hours at room temperature.

Storage time 12 months.

POMEGRANATES

Preparation and Packing Cut fully ripe fruit in half, scoop out red juice sacs and pack them in 50% syrup in small containers. Juice may be extracted, sweetened to taste, and frozen in small containers or ice cube trays, each frozen cube being wrapped in foil for storage.

Thawing and serving 3 hours at room temperature.

Storage time 12 months.

QUINCES

Preparation and packing Peel, core and slice and cook in boiling 20% syrup for 2 minutes, then pack in containers and cover with cold syrup. A better flavour is retained if the peel is simmered, with just enough water to cover it, and the juice of 1 orange and 1 lemon, until the peel is tender, this juice being used for making the

syrup. As quinces take a long time to cook, they can be simmered until completely tender to save later preparation.

Thawing and serving 3 hours at room temperature.

Storage time 12 months.

RASPBERRIES

Preparation and packing Pick over fruit very carefully, discarding hard, seedy fruit. As to sweetening:

- 1 Unsweetened fruit may be packed in cartons or polythene bags.
- 2 A dry sugar pack, 4 oz sugar to 1 lb fruit, is suitable for cartons or polythene bags.
- 3 30% syrup may be poured over the fruit. Pack into containers, cover with cellophane and allow $\frac{1}{2}$ inch headspace.
- 4 Purée may be made by sieving fruit and sweetening with 4 oz sugar to each pint of purée. Pack in containers or in ice cube trays, wrapping each frozen cube in foil for storage.

Thawing and serving 3 hours at room temperature. Purée may be used for sauce or drinks, or used as a basis for ice cream.

Storage time 12 months.

Special notes The best varieties for freezing are *Norfolk Giant* and *Lloyd George*.

RHUBARB

Preparation and packing Sticks should be washed in cold running water and trimmed to required length. For ease of packing, sticks can be blanched for 1 minute, which makes them limper and helps to retain colour and flavour. Pack in cartons or foil or

polythene bags. As to sweetening:

- 1 A 40% syrup pack can be used for rhubarb cut in pieces. Pack in waxed or rigid plastic containers.
- 2 Stewed rhubarb may be sieved, sweetened and frozen as purée.

Thawing and serving $3\frac{1}{2}$ hours at room temperature. Unsweetened sticks can be cut while still frozen and cooked in the usual way.

Storage time 12 months.

STRAWBERRIES

Preparation and packing Pick over fruit, removing husks, and using fully ripe, mature but firm strawberries. As to sweetening:

- 1 An unsweetened pack is recommended as strawberries are then less pulpy when thawed. They are best graded before packing. Pack in polythene bags.
- 2 A dry sugar pack, 4 oz sugar to 1 lb fruit, may be used with whole strawberries, or sliced or lightly crushed ones, packed in containers or polythene bags.
- 3 A 40% syrup can be used for whole or sliced fruit.
- 4 Strawberries may be sieved and sweetened to taste, then frozen as purée in small containers to use for ice cream or mousses.

Thawing and serving $1\frac{1}{2}$ hours at room temperature. Unsweetened fruit may be sugared before thawing.

Storage time 12 months.

Special notes The best varieties for freezing are *Cambridge Vigour*, *Cambridge Favourite* and *Royal Sovereign*.

Plan 4

Vegetables

Home-grown vegetables freeze extremely well if young, tender and at the peak of perfection. Shop vegetables are rarely fresh enough to freeze, though imported delicacies such as peppers and aubergines are worth freezing for variety.

Vegetables should be prepared for freezing in small quantities, and are best prepared immediately after picking, preferably in the early morning. They must be blanched before processing, as the heat stops the chemical action of enzymes which affect quality, flavour and colour, and nutritional value during storage.

DO NOT FREEZE THESE VEGETABLES

Vegetables which do not retain their crispness such as salad greens and radishes should not be frozen. Tomatoes, celery and onions can be frozen for cooking, but not to serve raw; cucumbers do not freeze well except in a vinegar pack.

CLEANING AND GRADING

Vegetables must be young and fresh. After thorough cleaning, they should be graded for size and cut if necessary. Vegetables must be fast frozen for best results, and should only be prepared in small quantities (normally 3 lbs of food per cubic foot of freezer space can be frozen every 6 hours). Excess supplies can be stored in polythene bags in the refrigerator before freezing.

BLANCHING AND COOLING

Blanching is an essential process in vegetable preparation to retard enzyme action. Timing is important, as too little blanching will result in colour change, and loss of nutritive value, while over-blanching results in loss of crispness and flavour. Blanching may be done by means of water or steam.

Water blanching Process only 1 lb of vegetables at a time so that water reaches all the vegetables and does not cool too quickly. Use a saucepan holding 8 pints of water, and a blancher, wire basket or muslin bag. Bring the water to the boil, immerse the vegetables in the container in the fast boiling water, cover tightly and keep the heat high. Calculate blanching time from when water returns to boiling point. Remove vegetables when done, and drain immediately. Water blanching is quicker than steam blanching, though there may be some loss of minerals and vitamins. It is preferable for leafy vegetables which may stick together in steam.

Steamblanching Put enough water in pan to prevent boiling dry. When water is boiling fast, put the container of vegetables into the steamer, cover tightly, and calculate the blanching time from when the steam escapes from the lid. Steam blanching takes half as long again as water blanching.

Cooling Cooling must be done very quickly and thoroughly, the vegetables being cool right through to the

centre before packing. Chill in a large quantity of ice-chilled water, drain thoroughly and finish off by turning on to absorbent paper. Vegetables which are not cooled quickly continue cooking in their own heat and go mushy.

PACKING

Bags or boxes may be used for packing, according to the quantity, the frailty of the vegetable and the importance of cheapness. Items such as artichokes or asparagus are best packed in boxes to avoid damage, but boxes are expensive to use for more common items such as peas or beans. Pack in small or large quantities according to ultimate use.

A dry pack is normally used for vegetables, but a brine pack helps to prevent some vegetables toughening in storage; this is particularly found in hard-water areas. Pack vegetables into rigid containers to within 1 inch of top and cover with brine (1 tablespoon salt to 1 pint water) leaving $\frac{1}{2}$ inch headspace.

FAST FREEZING

Fast freezing is a method used to ensure vegetables are loose in their packs and can be shaken out in small quantities. If a freezer has no special equipment for this, vegetables can be frozen in a single layer on baking trays before packing in bags or boxes.

THAWING AND COOKING

Most vegetables should be cooked while still frozen for best results. If vegetables are in block form, break them up before heating so heat penetrates rapidly and evenly. Broc-

coli and spinach are the better for partial thawing. Corn on the cob requires special treatment. Completely thawed vegetables should be cooked immediately; 1 lb packets need 6 hours in a refrigerator for complete thawing, or 3 hours at room temperature.

Since frozen vegetables have already been partly cooked in blanching, they require less time for cooking than fresh vegetables. They should be cooked in very little water (about $\frac{1}{4}$ pint water to 1 lb vegetables depending on variety). The water should be fast boiling and the vegetables covered and simmered after boiling point is again reached. Vegetables may also be steamed, cooked in a double boiler, baked or cooked in butter.

Baking Vegetables should be separated and drained, put into a greased casserole with a knob of butter and seasoning, covered and cooked at 350°F (Gas Mark 4) for 30 minutes.

Cooking in butter A heavy pan should be used, and the vegetables cooked gently in melted butter until separate; they can then be cooked over moderate heat until tender.

MIXED VEGETABLES

Sometimes a mixture of vegetables is required, and these can be prepared and blanched separately, then packed together for freezing. Vegetables should be cut in even sizes for satisfactory cooking. The usual mixtures are of peas, beans, carrots and sweet-corn.

VEGETABLE PUREE

Vegetables may be sieved, chilled and frozen in rigid containers leaving

$\frac{1}{2}$ inch headspace. They are useful for subsequent use in soups. A purée for use as a vegetable should be reheated in a double boiler with butter and seasoning. Small quantities of purée may be frozen in ice cube trays, each frozen cube being wrapped in foil for storage; these are particularly useful for babies and old people, one cube of purée providing an individual serving.

VEGETABLES IN SAUCE

There is little advantage in preparing and freezing vegetables in sauce, as cooked vegetables tend to lose flavour, texture and colour in the freezer. Better results are obtained by freezing vegetables after blanching, and preparing sauces to be frozen and used with the freshly cooked vegetables later.

If the two items must be put together, before freezing the vegetables should be slightly undercooked, and the complete dish cooled very quickly before freezing. It is best to reheat such a dish in a double boiler.

ARTICHOKES (GLOBE)

Preparation and packing Remove outer leaves and wash artichokes very thoroughly, trimming stalks and removing 'chokes'. Blanch six at a time in 4 quarts boiling water with 1 tablespoon lemon juice added, for 7 minutes. Cool in chilled water and drain upside down on absorbent paper. Pack in boxes, as polythene will tear.

Artichoke bottoms may be frozen for special dishes by removing all green leaves and centre flower, allowing 5 minutes for blanching.

Thawing and serving Plunge

frozen artichokes in boiling water and boil for 5 minutes until leaves are tender and easily removed.

Storage time 12 months.

ASPARAGUS

Preparation and packing Remove woody portions and small scales and wash well. Sort and blanch each size separately. Cut into 6 inch lengths, and allow 2 minutes for small spears, 3 minutes for medium spears and 4 minutes for large spears. Cool and drain well. Pack, graded in sizes, in boxes lined with moisture-vapour-proof paper; or make up bundles with half the asparagus heads at each end, and wrap in freezer paper or foil.

Thawing and serving Put frozen asparagus into boiling water and cook 5 minutes.

Storage time 9–12 months.

AUBERGINES (EGG PLANTS)

Preparation and packing Peel and cut into 1 inch slices, blanch 4 minutes, chill and dry in absorbent paper. Pack in cartons in layers separated by cellophane.

Cooked aubergines may well be frozen; they should be fried in deep fat after coating with thin batter, or egg and breadcrumbs, well drained and cooled before packing in layers, in cartons.

Thawing and serving Cook frozen aubergines in boiling water for 5 minutes. Heat frozen ready-cooked aubergines in a slow oven, or part-thaw and deep-fry.

Storage time Uncooked 12 months; cooked 1 month.

Special notes Aubergines will be rubbery unless they are frozen when

mature and medium-sized, with tender seeds.

BAMBOO SHOOTS

Preparation and packing Portions of canned bamboo shoots can be put in small containers covered with liquid from the can, and frozen.

Thawing and serving Thaw at room temperature for 1 hour, drain and add to dishes.

Storage time 2 months.

BEANS (BROAD)

Preparation and packing Remove beans from shell, blanch for $1\frac{1}{2}$ minutes, cool and pack in cartons or polythene bags.

Thawing and serving Put frozen beans in boiling salted water and cook for 8 minutes.

Storage time 12 months.

Special notes Use small young beans with tender outer skins.

BEANS (FRENCH)

Preparation and packing Remove tops and tails, leaving small beans whole, and cutting bigger ones into 1 inch pieces. Blanch whole beans 3 minutes, cut beans 2 minutes. Cool and pack in polythene bags.

Thawing and serving Cook whole beans for 7 minutes in boiling salted water; cook cut beans for 5 minutes.

Storage time 12 months.

BEANS (RUNNER)

Preparation and packing Cut beans in pieces and blanch 2 minutes, cool and pack in polythene bags.

Thawing and serving Cook 7 minutes in boiling salted water.

Storage time 12 months.

Special notes If runner beans are shredded finely before freezing, the cooked result will be pulpy and tasteless.

BEETROOT

Preparation and packing Only very young beetroot, under 3 inches in diameter are suitable for freezing. Cook in boiling water until tender, putting larger beetroot in water first and adding the remainder in graduated sizes at ten-minute intervals. Cool quickly in running water, rub off skins and pack in cartons. Beetroot under 1 inch diameter may be frozen whole; large ones should be sliced or diced.

Thawing and serving Thaw in cartons in refrigerator for 2 hours, drain and add dressing.

Storage time 6–8 months.

Special notes Short blanching and long storage makes beetroot rubbery, so complete cooking is essential.

BROCCOLI

Preparation and packing Compact heads with tender stalks not more than 1 inch thick should be used, and these heads should be uniformly green. Trim woody stems and take off outer leaves. Wash well and soak in salt water (2 teaspoons salt to 8 pints water) to clear out insects, for 30 minutes. Wash in fresh water. Cut into sprigs and blanch 3 minutes for thin stems, 4 minutes for medium stems, 5 minutes for thick stems. Pack into bags or boxes, with half the heads at each end.

Thawing and serving Plunge frozen heads into boiling water and cook for 8 minutes.

Storage time 12 months.

BRUSSELS SPROUTS

Preparation and packing Use small compact heads and grade before blanching. Clean and wash well. Blanch 3 minutes for small sprouts, 4 minutes for medium sprouts; cool and pack in cartons or bags.

Thawing and serving Cook frozen sprouts for 8 minutes in boiling water.

Storage time 12 months.

CABBAGE (GREEN AND RED)

Preparation and packing Use young crisp cabbage. Wash thoroughly and shred finely. Blanch $1\frac{1}{2}$ minutes, and pack in polythene bags.

Thawing and serving Cook for 8 minutes in boiling salted water.

Storage time 6 months.

Special notes Frozen cabbage should not be used raw for salads.

CARROTS

Preparation and packing Use very young carrots, wash thoroughly and scrape. They may be packed whole, sliced or diced. Blanch whole small carrots or cut carrots for 3 minutes. Pack in cartons or polythene bags, leaving $\frac{1}{2}$ inch headspace in cartons.

Thawing and serving Cook frozen carrots for 8 minutes in boiling water.

Storage time 1 year.

CAULIFLOWER

Preparation and packing Heads should be firm and compact with close white flowers. Wash and break into small sprigs. Add the juice of a lemon to blanching water to keep cauliflower white. Blanch 3 minutes, cool, and

pack in lined boxes or polythene bags.

Thawing and serving Cook for 10 minutes in boiling water.

Storage time 6 months.

CELERY

Preparation and packing Use crisp young stalks, removing any strings. Scrub well and remove dirt under running water. Cut in 1 inch lengths and blanch for 3 minutes. Drain, cool, and pack in polythene bags. Celery may also be packed in rigid containers covered with flavoured water used for blanching, leaving $\frac{1}{2}$ inch headspace.

Thawing and serving Add to stews or soups, or cook as a vegetable, using its own liquid if frozen by this method.

Storage time 6 months.

Special notes Since celery must be blanched for freezing, it cannot then be used for raw salads and snacks, but it is useful for cooked dishes.

CHESTNUTS

Preparation and packing Cover chestnuts in shells with water and bring to the boil. Drain and peel off shell and pack in containers or polythene bags. It is possible to pack the chestnuts in shells, but it becomes extremely difficult to shell them after thawing.

Thawing and serving Plunge frozen chestnuts into boiling water or milk to cook, according to recipe being followed.

Storage time 6 months.

CORN ON THE COB

Preparation and packing Corn must be fresh and tender. It may be

frozen as cobs or kernels.

Cobs should be graded when leaves and silk threads are removed, and stems cut short. They should not be starchy or over-ripe, nor have shrunk-en or under-sized kernels. Blanch 4 minutes for small cobs, 6 minutes for medium cobs, and 8 minutes for large cobs. Cool and dry, and pack individually in freezer paper or foil. Freeze immediately in coldest part of freezer, then pack in bags.

Kernels can be scraped from blanched cobs and packed in cartons leaving $\frac{1}{2}$ inch headspace.

Thawing and serving Correct cooking after freezing is particularly important with corn.

- 1 Put frozen corn in enough cold water to cover it completely. Put on high heat, bring to a fast boil and simmer 5 minutes.
- 2 Thaw in wrappings in refrigerator, plunge in boiling water and cook 10 minutes.
- 3 Preheat oven to 350°F (Gas Mark 4) and roast for 20 minutes, or wrap in foil to roast on a barbecue, turning frequently.

Storage time 12 months.

CUCUMBER

Preparation and packing Mix equal quantities of white vinegar and water, and season with $\frac{1}{2}$ teaspoon sugar and $\frac{1}{4}$ teaspoon black pepper to each pint of liquid. Fill rigid plastic containers with liquid, and slice in the cucumber thinly, leaving 1 inch space.

Thawing and serving Thaw in covered container in the refrigerator; drain and season with salt.

Storage time 2 months.

Special notes Frozen cucumber is not usually considered very satisfactory, but this method is good for those who like cucumber dressed with vinegar.

FENNEL

Preparation and packing Prepare as celery, retaining blanching liquid for packing. Blanch 3 minutes.

Thawing and serving Simmer frozen fennel in blanching water or stock for 30 minutes. Slip hard cores from centres of roots when cooked.

Storage time 6 months.

HERBS

Preparation and packing Wash herbs thoroughly, trim from stems, and cut very finely. Put into ice-cube trays, topping up with water and freeze. Wrap frozen cubes in foil and pack in polythene bags for easy storage. *Parsley*, *mint* and *chives* freeze most successfully.

Thawing and serving Thaw at room temperature for use in sandwich fillings; add frozen cubes to sauces, soups or stews.

Storage time 6 months.

Special notes Sprigs of herbs become limp on thawing, so are not suitable for freezing as garnishes. The flavour of frozen herbs is good but not strong; colour retention is good.

KALE

Preparation and packing Use young, tender, tightly curled kale, discarding dry or tough leaves. Remove leaves from stems and blanch 1 minute. Cool, drain, and chop if liked. Pack tightly into bags or containers leaving $\frac{1}{2}$ inch headspace.

Thawing and serving Cook.

frozen kale in boiling water for 8 minutes.

Storage time 6 months.

KOHLRABI

Preparation and packing Use mild-flavoured kohlrabi which is not too large but is young and tender. Trim, wash and peel, leaving small ones whole, and dicing large ones. Blanch whole vegetables for 3 minutes; diced for 2 minutes. Cool and pack in polythene bags or containers, leaving $\frac{1}{2}$ inch headspace for diced vegetables.

Thawing and serving Cook frozen kohlrabi for 10 minutes in boiling water.

Storage time 12 months.

MARROW

Preparation and packing Young marrows or courgettes can be frozen unpeeled, cut in $\frac{1}{2}$ inch slices and blanched for 3 minutes before packing in cartons with $\frac{1}{2}$ inch headspace. Older vegetables should be peeled and seeded, cooked until soft, then mashed and packed.

Thawing and serving Cook sliced marrows by frying in oil and seasoning well with salt and pepper. Reheat cooked mashed marrow in a double boiler with butter and plenty of seasoning.

Storage time 6 months.

MUSHROOMS

Preparation and packing Use only very fresh mushrooms, wiping clean but not peeling. Mushrooms larger than 1 inch diameter should be sliced. The stems should be trimmed off, and can then be frozen separately.

Blanch $1\frac{1}{2}$ minutes in water, adding 1 tablespoon lemon juice to 6 pints water. Blanch stems separately for $1\frac{1}{2}$ minutes. Pack cups down in containers, leaving $\frac{1}{2}$ inch headspace.

Cooked mushrooms freeze excellently if graded into sizes and cooked gently for 5 minutes, allowing 6 tablespoons butter to 1 lb mushrooms. Cool quickly, and take off excess fat before packing.

Thawing and serving Thaw uncooked mushrooms in a covered container in the refrigerator, then cook in butter. Add frozen cooked mushrooms to soups, stews or other dishes as required by recipe.

Storage time 3 months.

ONIONS

Preparation and packing Onions may be frozen raw for use in salads, or cooked.

Raw onions can be peeled, chopped and packed in small containers for later cooking. They may also be cut in $\frac{1}{4}$ inch slices and wrapped in freezer paper or foil, with slices divided by cellophane. Packages should be overwrapped to prevent the onions flavouring other foods in the freezer.

Prepared onions may be chopped or sliced, blanched 2 minutes, then chilled, drained and packed, with over-wrapping. Small whole onions should be blanched 4 minutes.

Thawing and serving Thaw raw onions on absorbent paper in the refrigerator, and serve while still frosty in salads. Add raw or prepared onions to cooked dishes according to recipe followed.

Storage time 2 months.

PARSNIPS

Preparation and packing Trim and peel young parsnips and cut into narrow strips or dice about $\frac{1}{2}$ inch thickness. Blanch 2 minutes and pack in containers or polythene bags.

Thawing and serving Cook frozen parsnips in boiling water for 15 minutes.

Storage time 12 months.

PEAS

Preparation and packing Use young sweet peas which are not old or starchy. Shell, and blanch 1 minute, lifting blanching basket in and out of water to distribute heat evenly through layers of peas. Chill quickly and pack in polythene bags or rigid containers.

Edible pod peas should be flat and tender. Wash well, and remove both ends and any strings. Blanch $\frac{1}{2}$ minute in small quantities so peas remain crisp.

Thawing and serving Cook frozen shelled peas or frozen edible pods for 7 minutes in boiling water.

Storage time 12 months.

PEPPERS

(GREEN AND RED)

Preparation and packing Freeze green and red peppers separately or in mixed packages. They may be frozen in halves for stuffing, or in slices for use in stews or sauces. Wash well, cut off stems and caps, remove seeds and membranes. Blanch halves 3 minutes, slices 2 minutes. Pack in rigid containers or polythene bags.

Roast red peppers may be prepared by grilling under a high heat until skin is charred, then plunging

into cold water and rubbing off skins. Remove caps and seeds, and pack tightly in rigid containers in salt solution (1 tablespoon salt to 1 pint water) leaving 1 inch headspace.

Canned peppers which are left unused may be frozen in small containers in liquid from the can.

Thawing and serving Thaw uncooked peppers for $1\frac{1}{2}$ hours at room temperature before using. Roasted peppers should be thawed in their containers, in the salt solution, then drained and dressed with olive oil and seasoning. Canned peppers should be thawed in their containers at room temperature and should be used immediately after thawing.

Storage time 12 months; canned peppers 2 months.

POTATOES

Preparation and packing Potatoes are best frozen when small and new, or in cooked form as chips, croquettes, Baked Potatoes* or Duchesse Potatoes*.

New potatoes should be scraped and washed, blanched 4 minutes, cooled and packed in polythene bags. They may also be slightly undercooked, drained, tossed in butter, cooled quickly and packed.

Mashed potatoes can be made with butter and hot milk, and frozen in bags or waxed cartons. The same mixture can be used for **Croquettes** to be fried, drained and cooled before packing.

Chips should be cooked in clean odour-free fat, drained on paper, cooled and packed in polythene bags.

Thawing and serving Cook new potatoes in boiling water for 15

minutes; **battered new potatoes** can be reheated by plunging the freezing bag in boiling water, removing from heat and leaving for about 10 minutes.

Mashed potatoes should be reheated in a double boiler, or can be slightly thawed, then spread on meat or fish cooked in the oven. **Croquettes** should be thawed for 2 hours at room temperature before heating at 350°F (Gas Mark 4) for 20 minutes.

Chips may be heated in a frying pan with a little hot fat, or on a baking tray at 300°F (Gas Mark 2) for 12 minutes.

Storage time New potatoes 12 months; cooked potatoes 3 months.

PUMPKIN

Preparation and packing Treat as cooked Marrow.

Thawing and serving Reheat in double boiler with butter and seasoning as a vegetable; or thaw at room temperature for 2 hours to use as pie filling.

Storage time 6 months.

SPINACH

Preparation and packing Use young tender spinach, remove stems and discoloured or bruised leaves. Wash very well and blanch 2 minutes, shaking blanching basket so that leaves separate. Cool quickly and press out excess moisture. Pack in rigid containers, leaving $\frac{1}{2}$ inch headspace, or in polythene bags.

Thawing and serving Melt a little butter in heavy pan, and cook frozen spinach for 7 minutes.

Storage time 12 months.

TOMATOES

Preparation and packing

Tomatoes should not be frozen for salad use, but are good for cooking. They are most usefully frozen in the form of pulp, but can also be frozen whole or as juice.

Whole tomatoes should be wiped clean, the stems removed, and the tomatoes packed in useable quantities in polythene bags.

Tomato pulp is best prepared by skinning and coring tomatoes, then simmering tomatoes in their own juice for 5 minutes until soft. Sieve, cool and pack in small containers.

Tomato juice is made from cored and quartered ripe tomatoes simmered with a lid on for 10 minutes. Put through muslin, cool and pack into cartons leaving 1 inch headspace.

Thawing and serving Thaw whole tomatoes at room temperature for 2 hours before cooking.

Thaw **purée** in container at room temperature for 2 hours before using, or turn frozen purée into soup or stew as required in recipe being followed.

Thaw **juice** in its container in the refrigerator and serve a little frosty, seasoned to taste.

Storage time Whole tomatoes 10–12 months; purée 12 months; juice 12 months.

TURNIPS

Preparation and packing Use small, young, mild turnips. Trim and peel, and cut into $\frac{1}{2}$ inch dice. Blanch $2\frac{1}{2}$ minutes, cool, and pack in rigid containers.

Mashed turnips can be made by cooking turnips until tender, draining and mashing, then freezing in rigid

containers leaving $\frac{1}{2}$ inch headspace. **Thawing and serving** Cook frozen turnips in boiling water for 10 minutes. Heat mashed turnips in a

double boiler with butter and seasoning.

Storage time 12 months; mashed turnips 3 months.

Plan 5

Fish and Shellfish

Fish should be no more than 24 hours old when frozen, and shop-bought fish is rarely suitable except for the smoked varieties. Fish should only be stored for the minimum time in the freezer. White fish (cod, plaice, sole, whiting) will keep for a maximum of 6 months; fatty fish (haddock, halibut, herring, mackerel, salmon, trout, turbot) will store for 4 months; shellfish for no longer than 1 month. But smoked fish will keep up to 12 months.

Cooked fish is hardly worth freezing, since reheating will spoil its flavour and rob the fish of nutritive value, and fish should never be overcooked. Dishes such as Fish Cakes* are, however, useful for quick meals.

CLEANING THE FISH

Fish for freezing should be scaled if necessary, and the fins removed. Small fish can be left whole. Large fish may be left whole without heads or tails, or can be divided into steaks. Flat fish and herrings are best gutted, and flat fish are easier to cook later if skinned and filleted. Fatty fish should be washed in fresh water, but other fish should be washed in salt water, removing all blood and membranes.

DRY PACK

This is the most commonly used pack for fish. They should be separated by a double thickness of cellophane, then wrapped in freezer paper, foil or polythene, or put into cartons. The wrappings must be close to the fish to exclude air which will dry the fish and remove its flavour. Freeze quickly in coldest part of freezer.

BRINE PACK

Fish prepared by this method should not be stored longer than 3 months; it is not suitable for fatty fish. Dip the fish into cold salted water (1 tablespoon salt to 1 quart water), drain and wrap in freezer paper, foil, polythene or cartons. Freeze quickly after packing.

ACID PACK

The colour and flavour of fish is preserved by citric acid, and the development of rancidity is retarded by ascorbic acid. Fish can be dipped in a solution of 1 part ascorbic-citric acid powder to 100 parts water before draining and wrapping. This powder can be made up by a chemist.

SOLID ICE PACK

This method saves wrapping

material, but the packs may take up more freezer space. Fish should be separated by double paper, then packed into refrigerator trays or loaf tins, covered with water, and frozen into solid blocks. This can be used for a quantity of small fish, steaks or fillets. The fish can also be frozen in water in large waxed tubs, covering the fish to within $\frac{1}{2}$ inch of the top and crumbling a piece of cellophane on top of the fish before putting on lid.

GLAZING WHOLE FISH

Large whole fish such as salmon, salmon trout, haddock or halibut can be glazed. The fish should be cleaned, then put against the freezer wall in the coldest part of the freezer without wrappings. When the fish is frozen solid, it should be dipped very quickly in cold water to form a thin coating of ice. After returning the fish to the freezer for 1 hour, repeat the process, continuing until ice is $\frac{1}{4}$ inch thick. The fish can be stored without wrappings for 2 weeks, or can be wrapped in freezer paper or foil for longer storage.

THAWING AND COOKING

Fish should be thawed slowly in unopened wrappings, preferably in the refrigerator. Allow 6 hours in a refrigerator or 3 hours at room temperature for 1 lb of fish. Complete thawing is not necessary, except for frying, and frozen fish can be used for all types of recipes.

WHITE FISH

(Cod, Plaice, Sole, Whiting)

Preparation and packing Clean fish and prepare in dry pack, brine

pack, acid pack or solid pack.

Thawing and serving Thaw in wrappings in refrigerator for 6 hours, or at room temperature for 3 hours.

Storage time 6 months.

FATTY FISH

(Haddock, Halibut, Mackerel, Salmon, Trout, Turbot)

Preparation and packing Clean fish and prepare in dry pack, acid pack or solid pack.

Thawing and serving Thaw in wrappings in refrigerator for 6 hours, or at room temperature for 3 hours.

Storage time 4 months.

Special notes Avoid salt in cleaning or packing fatty fish as this will cause rancidity during the freezing process.

SMOKED FISH

(Bloaters, Kippers, Haddock, Trout)

Preparation and packing No special preparation is necessary, but these fish should be wrapped in foil, freezer paper or polythene, and over-wrapped.

Thawing and serving Thaw, still wrapped, in the refrigerator for 3 hours.

Storage time 12 months.

CRAB

Preparation and packing Crab should be freshly caught and frozen immediately after cooking. Cook, drain and cool thoroughly. Clean and remove all edible meat. Pack into bags or small cartons, leaving $\frac{1}{2}$ inch head-space.

Thawing and serving Thaw in container, in the refrigerator, and serve very cold.

Storage time 1 month.

LOBSTER AND CRAYFISH

Preparation and packing Cook fish, cool and split. Take flesh from shell, and pack it into bags or cartons, leaving $\frac{1}{2}$ inch headspace.

Thawing and serving Thaw in container, in the refrigerator, and serve very cold.

Storage time 1 month.

OYSTERS AND SCALLOPS

Preparation and packing Wash in salt water and open carefully.

Scallops Wash in salt water, allowing 1 teaspoon salt to 1 pint water. Pack into cartons, covering with water and allowing $\frac{1}{2}$ inch headspace.

Oysters Save the liquid when opening oysters. Wash in salt water and pack as for scallops, covering with

the liquid.

Thawing and serving Thaw in container, in the refrigerator. Use scallops for cooking; oysters may be eaten raw or cooked.

Storage time 1 month.

SHRIMPS AND PRAWNS

Preparation and packing Cook and cool in the cooking water. They may be frozen in their shells with heads removed, but this involves later preparation. It is best to remove shells, pack tightly in bags or cartons, leaving $\frac{1}{2}$ inch headspace, and seal. Shrimps may be packed in waxed cartons and covered with melted spiced butter.

Thawing and serving Thaw in wrappings in refrigerator. Serve cold or use in cooked dishes.

Storage time 1 month.

Plan 6

Meat, Poultry and Game

Money and shopping time may be saved by the storage of meat, poultry and game, both fresh and cooked, in the freezer. Meat may be bought in bulk from a local butcher or specialist supplier. But it is worth remembering that the purchase of a whole carcass may not be an economy if certain cuts are rarely used in the household; the saving on legs, shoulders or loins may be offset by the quantities of cheaper cuts which may not be popular with the family, and which take time and trouble to prepare. It is better to

assess one's needs carefully, and invest in bulk supplies of joints, individual steaks and chops or cheaper meat prepared for pies and stews.

Many butchers feel that meat should only be prepared by deep freezing, which is not possible under home conditions, but the home freezer can certainly be used if care is taken, and if only small quantities are prepared at a time.

QUALITY OF MEAT

Meat for freezing must be of high

quality, and must have been hung for the required time. Nothing will improve the texture or flavour of poor meat, though tender meat can become a little more tender in storage. Pork and veal are normally only chilled before freezing; beef is aged for eight to ten days, and lamb for five to seven days.

PREPARATION FOR FREEZING

Meat for freezing should if possible be boned. Surplus fat should be removed, and the meat prepared in the form in which it is to be cooked. If a lot of meat is to be prepared at one time, begin by freezing offal, then pork, then veal and lamb, and finally beef which will keep best under normal refrigeration if delays occur. No more than 4 lbs of meat for each cubic foot of freezer space should be frozen at one time.

Bad packing is responsible for many of the faults which cause criticism of frozen meat. Wrapping should be strong so that oxygen does not penetrate and affect the fat which causes rancidity (pork is particularly subject to this problem). Overwrapping will prevent damage to packages, and bones should be padded with grease-proof paper to prevent them piercing the wrappings. Air must be completely excluded so that the freezer wrapping stays close to the meat and prevents drying out.

THAWING FROZEN MEAT

Experiments continue on cooking meat direct from the freezer, but so far the methods used do not produce perfect results. Slow, even thawing is required, and meat is best thawed in

its wrappings in a refrigerator; partial or complete thawing helps retain juiciness. Thin cuts of meat and minced meat toughen if cooked from the frozen state, and offal must be completely thawed.

Allow 5 hours per lb in a refrigerator and 2 hours per lb at room temperature for thawing meat; for offal, sausages and mince, allow 3 hours in a refrigerator and $1\frac{1}{2}$ hours at room temperature. If meat is to be cooked from the frozen state, unthawed large cuts will take $1\frac{1}{2}$ times as long as fresh ones to cook, and smaller thin ones will take $1\frac{1}{4}$ times as long.

COOKING FROZEN MEAT

Meat should be cooked as soon as it has thawed, while it is still cold, to prevent loss of juices. The same methods as for cooking fresh meat should be used. Chops and steaks cook best in a thick frying pan lightly oiled, starting with gentle heat on both sides before browning more quickly. Joints are best cooked by a slow oven method if still chilled (300°F or Gas Mark 2 for beef and lamb; 350°F or Gas Mark 4 for pork).

PREPARING AND PACKING POULTRY

Poultry should be in perfect condition, starved for 24 hours before killing, hung and bled well. Skin damage when plucking should be avoided, and scalding will increase the chance of freezer burn. A bird should be cooled in a refrigerator for 12 hours before freezing, and be drawn and completely clean.

Whole birds should be trussed neatly, or it may be more convenient

to freeze halves or joints. Bones should be padded with greaseproof paper to avoid damage to packaging. Joints should be divided by cellophane for easy separation. Air must be completely removed so that the wrapping fits closely to the bird. Giblets and livers should be packaged separately, and stuffing should be omitted (see Plan).

THAWING POULTRY

Poultry should be thawed in its unopened freezer wrapping, and this is best done in the refrigerator to give slow even thawing. Flavour will be better if bird is completely thawed before cooking. A 4–5 lb chicken will thaw overnight in a refrigerator or in 4 hours at room temperature. A turkey of 9 lbs will take 36 hours to thaw, while a large bird may take as much as three days; for practical purposes a cool room is generally the best place for thawing such a large bird. A thawed bird may be stored up to 24 hours in a refrigerator, but no more.

PREPARING AND PACKING GAME

Young and well-shot game birds, hares and rabbits may be frozen in the raw state. Old or badly-shot game is best cooked before freezing. Game must be cooled and hung to the required state before freezing; for practical purposes it should also be plucked or skinned, and drawn if this is part of the normal preparation (see Plan).

JOINTS

Preparation and packing Prepare beef, lamb, mutton, pork or veal in the

form in which it is ready to cook. Remove bones if possible, trim surplus fat and tie joint into shape. Wipe meat and pad sharp bones. Wrap and seal in freezer paper, heavy duty foil or polythene, excluding air, and over-wrap.

Thawing and serving Thaw in wrappings in refrigerator, allowing 5 hours per lb. Prepare to chosen recipe, using slow-oven method.

Storage time Beef 10–12 months; lamb, mutton and veal 6–8 months; pork 4 months.

STEAKS AND CHOPS

Preparation and packing Package in quantities which can be used at one time. Individual portions may be packed then stored in quantity in polythene bags for easy handling. Separate individual pieces of meat with cellophane or greaseproof paper and wrap in freezer paper, foil or polythene.

Thawing and serving Thaw in wrappings in the refrigerator. Steaks and chops are best cooked gently in a well-oiled heavy pan, with a higher heat for final browning.

Storage time 4–12 months according to type of meat.

MINCED AND CUBED MEAT

Preparation and packing Mince of good quality, without fat, should be packed into cartons or polythene bags, excluding air. The addition of salt shortens its storage life. Mince may also be packed in the form of shaped patties, to use as hamburgers; they should be separated by sheets of greaseproof paper or cellophane, and packed in cartons or bags.

Cubed meat to be used for pies or

stews should be trimmed of fat and pressed tightly into cartons or polythene bags in useable quantities.

Thawing and serving Thaw in wrappings in refrigerator for 3 hours, or at room temperature for 1½ hours. If the meat is needed quickly, it may be placed in boiling stock and stirred well to help separation.

Storage time 2 months.

OFFAL

Preparation and packing

Hearts, liver, kidneys, sweetbreads and tongue should be washed thoroughly and dried, and all blood vessels and pipes should be removed. Wrap in cellophane or polythene, and put into cartons or polythene bags. **Liver** may be frozen whole or sliced, with the slices separated by greaseproof paper or cellophane.

Tripe, cut in 1 inch squares, may be packed in polythene bags.

Thawing and serving Thaw completely in wrappings for 3 hours in refrigerator or 1½ hours at room temperature, and prepare to chosen recipe.

Storage time 2 months.

Special notes Offal is prone to developing off-flavours, so must be carefully packaged and used in minimum time.

SAUSAGES AND SAUSAGE MEAT

Preparation and packing Omit salt in preparation as this shortens the freezer life. Pack tightly in freezer paper, foil or polythene.

Thawing and serving Sausages can be cooked in their frozen state. Thaw sausage meat in wrappings in refrigerator for 2 hours.

Storage time 1 month.

HAM AND BACON

Packing and preparation Better stored in the piece than sliced. Pack in freezer paper, foil or polythene, and overwrap. Sliced bacon should be packed in the same way.

Thawing and serving Thaw in wrappings, in the refrigerator, before using in normal way.

Storage time 3 months in piece; 3 weeks if in slices.

Special notes Cured and smoked meats are best stored in a cool atmosphere, free from flies and dust. There is little advantage in freezing them as their storage life is limited, and salt tends to cause rancidity in fat meats during freezing.

COOKED COLD MEAT

Preparation and packing Cut in slices and separate with cellophane or greaseproof paper. Slices should be ¼ inch thick and tightly packed to avoid drying. Pack in bags or cartons. Meat can also be packed in gravy thickened with cornflour. Both meat and gravy must be cold before combining and packing in foil dishes.

Thawing and serving Thaw slices for 3 hours in refrigerator, in wrappings, then separate and put on absorbent paper to remove moisture.

For meat and gravy, put the freezer foil dish with a foil lid on it into oven and heat at 350°F (Gas Mark 4) for 25 minutes.

Storage time Meat slices 2 months; meat in gravy 1 month.

Special notes Ham and pork lose colour when stored in slices without gravy. Whole cooked joints, steaks or

chops tend to toughen on reheating, and the outer surface often develops off-flavours. Fried meats tend to toughness, dryness and rancidity when frozen.

GALANTINES AND MEAT LOAVES

Preparation and packing Make your usual recipe for Galantine* or Meat Loaf*, using a loaf tin. If the dish is to be cooked after freezing, line the tin with foil, freeze the mixture, then form the foil into a parcel for storage. Cooked galantines or meat loaves can be packed in freezer paper or foil; or they may be packed in slices separated by cellophane or greaseproof paper, wrapped in freezer paper or foil.

Thawing and serving Thaw cooked dishes in the refrigerator, in wrappings, overnight. A meat loaf to serve as a hot dish may be reheated, without thawing, at 350°F for 45 minutes; an uncooked meat loaf will need 1 hour 40 minutes.

Storage time 1 month.

CASSEROLES AND STEWS

Preparation and packing Use your favourite recipe, including any containing wine, but keep the fat content low. Slightly undercook vegetables to avoid softness. Do not add potatoes, rice or other starch. Use cornflour for thickening to prevent curdling. Be sure meat is covered with liquid to prevent drying out.

Pack in freezer-to-oven containers, in cartons, or in a foil-lined casserole from which the foil package can be removed for storage.

Thawing and serving Heat in a double boiler over direct heat if curdling is not likely to occur; or heat in the original container in a moderate oven (350°F or Gas Mark 4) for 45 minutes.

Storage time 1 month.

Special notes For practical purposes, it is useful to double a normal family recipe, using half the quantity immediately and freezing the remainder.

COTTAGE PIE

Preparation and packing Make from fresh or cooked meat, and make meat moist with plenty of stock or gravy. Cool completely and put in a foil container. Prepare mashed potatoes and cool completely. Spread the potatoes on the meat. Cover the dish with foil or put the container into a polythene bag for storage.

Thawing and serving Heat frozen cottage pie at 400°F (Gas Mark 6) for 35 minutes until the potatoes are crisp and golden.

Storage time 1 month.

MEAT BALLS

Preparation and packing Prepare the standard recipe for Meat Balls*. Pack in polythene bags, or in containers, with layers divided by greaseproof paper or cellophane.

Thawing and serving Do not thaw, but fry quickly in hot fat, or heat in Tomato* or Brown* sauce.

Storage time 1 month.

CHICKENS, DUCKS, GEESE AND TURKEYS

Preparation and packing Poultry should be cooled for 12 hours in the

refrigerator before packing. Truss whole birds, or joint neatly. Pad bones with greaseproof paper. Divide joints with layers of greaseproof paper or cellophane. Pack in polythene bags, removing all air. Omit giblets, liver and stuffing. Remove oil glands from geese and ducks.

Freeze cooked poultry in slices, or in the form of tartlets like these. One or more can easily be taken from the pack as a snack for anyone coming in late, or for a packed lunch.

Thawing and serving Thaw, in unopened wrappings, in the refrigerator. Allow a 4-5 lb chicken to thaw overnight in the refrigerator; if necessary, thaw it in 4 hours at room temperature. Allow 36 hours for a 9-lbs turkey and up to 3 days for a larger bird. Cook by normal methods.



Storage time Whole chickens and turkeys 8–12 months; chicken and turkey pieces 6–10 months; geese and ducks 6–8 months.

GIBLETS

Preparation and packing Clean, wash, dry and chill, and pack in polythene bags, excluding air. For quicker preparation after freezing, giblets may be cooked and frozen in stock in leak-proof containers.

Thawing and serving Thaw in wrappings for 2 hours in refrigerator, and use for soups, stews or pies.

Storage time 2 months uncooked; 1 month cooked.

POULTRY LIVERS

Preparation and packing Clean, wash, dry and chill, and pack in polythene bags, excluding air.

Thawing and serving Thaw in wrappings for 2 hours in the refrigerator, and use for omelettes, risotto or pâté.

Storage time 2 months.

STUFFING

Preparation and packing Prepare Basic Poultry Stuffing*, keeping it very cold. Pack in cartons or polythene bags. The mixture may be formed into balls, deep-fried, cooled and packed in cartons.

Thawing and serving Thaw the stuffing in its wrappings in the refrigerator for 2 hours before using it to stuff bird. If cooked, put it in roasting tin with poultry, or in casserole 10 minutes before serving time.

Storage time 1 month.

COOKED POULTRY

Preparation and packing Prepare

in slices, or in gravy or sauce, as for Cooked Cold Meat. Chicken pieces can be prepared as Fried Chicken* and packed individually, or in batches, in cartons. Layers should be separated by greaseproof paper or cellophane.

Thawing and serving Thaw cold sliced poultry in its wrappings in the refrigerator for 3 hours, then separate and put on absorbent paper to take up moisture. Heat poultry in gravy or sauce in the oven (350°F or Gas Mark 4) for 25 minutes. Thaw fried chicken in its wrappings for 3 hours in the refrigerator, to eat cold, or heat at 450°F (Gas Mark 8) for 30 minutes.

Storage time 1 month.

Special notes Whole roast birds do not freeze successfully for cold dishes; on thawing they exude moisture and become flabby.

GROUSE, PHEASANT, PARTRIDGE

Preparation and packing Remove all shot, and clean the wounds. 'Bleed' as soon as shot, keep cool and hang to individual taste. Pluck, draw and truss neatly. Pad bones with greaseproof paper. Pack in polythene bags, excluding all air. If birds are old or badly shot, prepare as Cooked Game.

Thawing and serving Thaw in wrappings in the refrigerator for slow even thawing, allowing 5 hours per lb. At room temperature, allow 2 hours per lb. Start cooking as soon as the game is thawed, while it is still cold, to prevent loss of juices.

Storage time 6–8 months.

PLOVER, QUAIL, SNIPE, WOODCOCK

Preparation and packing Prepare

and pack as other game but do not draw.

Thawing and serving Thaw in wrappings in the refrigerator, allowing 5 hours per lb, and start cooking as soon as thawed, while it is still cold.

Storage time 6–8 months.

PIGEONS

Preparation and packing Prepare as for other game. Since pigeons are rarely served plainly roasted, it is more practical to cook the birds for use in casseroles or pies before freezing.

Thawing and serving Thaw in wrappings in the refrigerator, allowing 5 hours per lb.

Storage time 6–8 months.

HARES AND RABBITS

Preparation and packing Behead hares and rabbits and 'bleed' as soon as possible. Hang for 24 hours in a cool place. Skin, clean and wipe with a damp cloth. Cut into joints and wrap each piece in cellophane, then pack joints in useable quantities in polythene bags for storage.

Thawing and serving Thaw in wrappings in refrigerator, allowing 5 hours per lb.

Storage time 6–8 months.

VENISON

Preparation and packing Having cleaned the shot wounds, keep carcase in good condition, and as cold as possible until butchering is possible. Behead and bleed the animal, skin and clean, wash and wipe it. Hang in a very cool place for 5–6 days. Cut in joints and pack in freezer paper, foil or polythene bags. It is best to use only the best joints for freezing and to treat the rest as mince, casseroles or pies.

Thawing and serving Thaw in wrappings in refrigerator for 4 hours, then remove the wrappings, pour the marinade over (see Special Notes) and continue thawing, allowing 5 hours per lb. Use strips of fat bacon for roasting.

Storage time 8–10 months.

Special notes Venison will be less dry if marinated during thawing. Make the marinade from $\frac{1}{2}$ pint red wine, $\frac{1}{2}$ pint vinegar, 1 large sliced onion, parsley, thyme and bayleaf. Turn meat frequently while thawing and marinating. Use the marinade in casseroles.

Plan 7

Stocks, Soups and Sauces

The advance preparation and freezing of stocks, soups and sauces is a valuable aid to kitchen economy; vegetables can be preserved in a use-

ful form when they are cheap, stock can be kept safely, and much time can be saved in the final preparation of cheap meals.

STOCKS AND SOUPS

All stock and soup for freezing should be cooled quickly, and all surplus fat should be removed as this separates during storage. Pack in watertight containers allowing $\frac{1}{2}$ inch headspace for wide-topped containers and $\frac{3}{4}$ inch headspace for narrow-topped containers.

Soup may also be stored in blocks if freezer space is limited. These blocks should be prepared by freezing the liquid in loaf tins or freezer boxes lined with foil, the solid blocks being wrapped in foil for storage.

SAUCES

Sweet and savoury sauces may be frozen, either in a basic form such as white sauce to be used later with other ingredients, or in complete form ready for immediate use. Mayonnaise and custard sauces do not freeze well; the ingredients freeze at different rates and give unsatisfactory results.

Sauces may be stored in ice cube form, or in 'bricks', using the same method as for stock and soups.

STOCK AND BOUILLON

Preparation and packing Prepare stock or bouillon from meat, poultry, bones and/or vegetables. Strain, cool and remove fat. To save freezer space, concentrate until liquid is reduced by half. Pack in brick or ice cube form, or in containers leaving 1 inch headspace.

Thawing and serving Heat gently over direct heat and use as required.

Storage time 1 month.

THICK SOUPS

Preparation and packing Prepare

soup to basic recipes, but use corn-flour if a thickening agent is required. Porridge oats may be used for meat soups. But rice flour gives a glutinous result. Do *not* add rice, pasta, barley or potatoes. Milk and cream are better added when soup is reheated.

Pack in brick form, or in containers, leaving 1 inch headspace.

Thawing and serving Heat in a double boiler if curdling is likely to occur, otherwise over direct heat, stirring well for smoothness.

Storage time 2 months.

Special notes Soup tends to thicken during storage. It is better to season after thawing.

BASIC SAUCES

(White and Brown)

Preparation and packing Basic sauces such as White Sauce* and Brown Sauce* can be frozen in their simplest form, to be finished when thawed, or may have flavouring additions made before freezing. Corn-flour should be used instead of flour when thickening is required to avoid curdling on reheating. Sauces of this type are best packed into waxed or rigid plastic containers in $\frac{1}{2}$ -pint and 1-pint quantities.

Thawing and serving Reheat in a double boiler, stirring well for smoothness, and make required additions.

Storage time 1 month.

MEAT SAUCE

Preparation and packing Sauces for serving with pasta, such as Spaghetti Sauce* containing meat, freeze very well. After cooking, cool thoroughly, pack into containers in useable quantities.

Thawing and serving Heat gently in a double boiler, adjusting seasonings.

Storage time 1 month.

TOMATO SAUCE AND PUREE

Preparation and packing Tomato Sauce* and concentrated purée are best frozen in small waxed or rigid plastic containers, or in ice cube trays, each cube being wrapped in foil for storage.

Thawing and serving Heat gently in a double boiler, stirring well. Small cubes of sauce or purée can be put into soups or stews while still frozen and gently stirred to blend into other ingredients.

Storage time 12 months.

FRUIT SAUCES

Preparation and packing Fruit sauces can be made from sieved fresh fruit, or fruit stewed in a little water, sieved and sweetened to taste. Sauces can also be made from fruit juice, sweetened and thickened with corn-flour. These should be packed into small containers or ice cube trays, the cubes being wrapped in foil for storage.

Thawing and serving Thaw in the container in the refrigerator for 2 hours, to serve cold. Alternatively, heat in double boiler, stirring gently.

Storage time 12 months.

Plan 8

Dairy Produce

Dairy produce needs great care in preparation and packing for the freezer, but results can be good, and useful savings can be effected if bulk supplies are obtainable.

BUTTER AND MARGARINE

Preparation and packing Freeze in original wrappings, with packages overwrapped in polythene bags for easy storage.

Thawing and serving Only thaw enough fat at a time for one week's use.

Storage time Unsalted fats 6 months; salted fats 3 months.

MILK

Preparation and packing Pack in

cartons, allowing 1 inch headspace. Only freeze in small quantities which can be used quickly at one time. Milk should be pasteurised and homogenised.

Thawing and serving Thaw in cartons at room temperature.

Storage time 1 month.

Special notes Emergency supplies are rarely necessary in the freezer, with today's dried products and 'long life' milk available, but a surplus *can* be stored in this way.

CREAM

Preparation and packing Cream for processing should be pasteurised and cooled rapidly, and packed in waxed containers leaving 1 inch head-

space. 1 tablespoon sugar to each pint of cream will improve the keeping time. Cream must contain 40% butterfat; low butterfat cream tends to separate.

Thawing and serving Thaw in container at room temperature, and beat lightly with a fork to restore smoothness. Use with puddings, or for making ice cream.

Storage time 4 months.

Special notes The texture of frozen cream can be heavy and grainy, but light beating will improve it. If used in hot coffee, the oil will rise to the surface. Only really good, thick cream responds well to freezing.

CHEESE

Preparation and packing Hard types of cheese such as Cheddar freeze most satisfactorily. Freeze in small quantities sufficient for one or two days' supply (i.e. 8 oz or less). Divide large cheeses and repack in small quantities. Divide slices with double cellophane, and wrap in foil or freezer paper.

Thawing and serving Thaw in wrappings at room temperature, allowing $1\frac{1}{2}$ to 2 hours. Cheeses are best cut when still slightly frozen as they are less likely to crumble.

Storage time 6 months.

Special notes Camembert, Port Salut, Stilton, Danish Blue and Roquefort may be frozen successfully, but tend to crumble. All cheeses must be carefully wrapped and sealed to avoid drying-out and cross-contamination.

CREAM AND

COTTAGE CHEESE

Preparation and packing Cream

cheese tends to separate on thawing. It is best blended with heavy cream to be used as a cocktail dip. Pack in waxed tubs or rigid plastic containers. **Cottage cheese** should be packed in waxed tubs or rigid plastic containers, and must be frozen quickly to avoid water separation on thawing.

Thawing and serving Thaw in containers in refrigerator, preferably overnight. Blend cream cheese with a fork to restore its smoothness.

Storage time 4 months.

EGGS

Preparation and packing Eggs must be very fresh and of top quality. They should be washed and broken into a dish before processing to be checked for quality. Pack in small or large containers according to end use. Pack in waxed or rigid plastic containers, or in special waxed cups for individual eggs. Eggs can be frozen in ice cube trays, each cube being wrapped in foil, then bagged in polythene for storage. Eggs can be frozen whole, or the yolks and whites can be frozen separately. Salt or sugar prevents too much thickening.

Yolks Mix lightly with a fork. Mix with $\frac{1}{2}$ teaspoon salt to 6 yolks, or $\frac{1}{2}$ tablespoon sugar to 6 yolks. Label carefully.

Whites No pre-freezing treatment necessary.

Whole eggs Blend lightly with a fork but avoid getting in much air. Add $\frac{1}{2}$ teaspoon salt or $\frac{1}{2}$ tablespoon sugar to 5 eggs. Label carefully.

Thawing and serving Thaw in the unopened container in the refrigerator. For rapid use, thaw unopened at room temperature for $1\frac{1}{2}$

hours. Use as fresh eggs, but use up quickly as quality deteriorates when they are left to stand. Egg whites may be kept for 24 hours in a refrigerator after thawing.

Storage time 8–10 months.

Special notes Eggs should not be frozen in their shells, as the shells may crack and the yolks harden and will

not beat smoothly into the whites. When eggs are packed in quantity, their equivalent in liquid measure for use in cooking is:

$2\frac{1}{2}$ tablespoons whole egg = 1 egg

$1\frac{1}{2}$ tablespoons egg white = 1 egg white

1 tablespoon egg yolk = 1 yolk

Plan 9

Desserts and Ices

Nearly all sweet courses, and all ices, can be stored in the freezer. Additionally, such items as pancakes and sponge-cakes, which have been stored, can be quickly transformed with fruit, cream, ice cream or sweet sauces to make a superb finish to a meal. Only milk puddings are not successful in the freezer, becoming mushy or curdled on thawing.

ICE CREAM PREPARATION

Ices for the freezer are best made with pure cream and gelatine or egg yolks. Evaporated milk can be used if the unopened tin is boiled for ten minutes, cooled and chilled overnight in the refrigerator, but the flavour is not as good.

A crank attachment in the freezer will give very smooth ice cream; but it is expensive, and, instead, ice cream can be well beaten with a mixer or liquidiser during freezing. Egg, gelatine, cream or sugar syrup will stop ice crystals forming, and gelatine gives a particularly smooth ice. Whipped egg whites give lightness. Too much sugar prevents freezing, but freezing

diminishes sweetness; a correct proportion is one part sugar to four parts liquid. Flavourings should be strong and pure.

Ice cream ready to be frozen should be packed into trays and chilled until just solid about $\frac{1}{2}$ inch from the edge. The mixture should then be beaten and frozen again, and beaten every hour for smoothness until packed for storage. It is often convenient to make ice cream in the ice-making part of the refrigerator where it can be given constant attention, and to pack and transfer it to the freezer for storage after the final beating.

STEAMED AND BAKED PUDDINGS

Preparation and packing Make standard sponge pudding or cake mixture recipes, and steam or bake in foil containers. Cool and cover with foil or put into polythene bags for storage.

Thawing and serving Thaw at room temperature for 2 hours, then steam for 45 minutes.

Storage time 12 months.

Special notes Dried fruit or nuts can be included in recipes. But jam or syrup at the bottom of dishes may make the pudding soggy. Highly spiced puddings will develop off-flavours.

STEAMED FRESH FRUIT PUDDINGS

Preparation and packing Make suet pudding with fresh fruit filling, and steam in foil. Cool, cover with foil.

Thawing and serving Thaw at room temperature for 2 hours, then steam for 45 minutes.

Storage time 2 months.

Special notes Plums, gooseberries and rhubarb are good fillings. Apples tend to discolour.

SPONGE FRESH FRUIT PUDDINGS

Preparation and packing Sweetened fruit such as plums, gooseberries or apricots can be topped with sponge mixture and baked in a foil case before freezing. Since cooking time almost equals thawing and reheating time, it may be more practical to freeze these puddings raw.

Thawing and serving Thaw baked puddings for 2 hours at room temperature, then heat at 375°F (Gas Mark 5) for 30 minutes. Bake raw pudding while still frozen at 400°F (Gas Mark 6) for 30 minutes, then at 375°F (Gas Mark 5) for 30 minutes.

Storage time 2 months.

FRUIT CRUMBLES

Preparation and packing Put fresh sugared fruit in a foil basin and cover with crumble topping. Cover

with foil lid, or put into polythene bag for storage.

Thawing and serving Put an uncooked frozen pudding into the oven and bake at 400°F (Gas Mark 6) for 30 minutes, then at 375°F (Gas Mark 5) for 30 minutes.

Storage time 2 months.

FRUIT IN SYRUP AND WINE

Preparation and packing Fruit in syrup can be flavoured with liqueurs, or can be cooked in wine and syrup. Fruit should always be packed in leak-proof containers since the syrup may not freeze solid. It is better to package fruits in individual containers as they may lose moisture on thawing and thin the syrup, and the effect will be lessened if only a single fruit is involved.

Thawing and serving Thaw in refrigerator for 8 hours, or heat at 350°F (Gas Mark 4) for 45 minutes to serve hot.

Storage time 2 months.

Special notes This is an excellent way of preserving fruit such as pears and peaches which discolour in the freezer.

JELLIES

Preparation and packing Prepare in foil cases or the normal serving dishes.

Thawing and serving Thaw in refrigerator for 8 hours.

Storage time 1 month.

Special notes Jelly does not freeze entirely successfully, as ice crystals form during freezing which break up the structure of the jelly. Although it remains set, the jelly becomes granular, uneven and cloudy.

MOUSSES AND COLD SOUFFLES

Preparation and packing Mixtures of eggs, cream, and sometimes fruit and egg whites, freeze well, and the granular effect of gelatine does not show in these creamy sweets as it does in plain jelly. They are best prepared in the dishes in which they will be served if these will withstand the low temperature of the freezer.

Thawing and serving Thaw in refrigerator for 8 hours.

Storage time 1 month.

Special notes Chocolate and lemon flavours are particularly good.

CHEESECAKE

Preparation and packing Both baked and gelatine-set cheesecakes freeze well. They are best made in cake tins with removable bases, cooled and frozen unwrapped, then packed in foil and rigid containers to avoid damage.

Thawing and serving Thaw in refrigerator for 8 hours.

Storage time 1 month.

ICEBOX CAKES

Preparation and packing Follow the recipe for Icebox Cake*, arranging biscuits and creamed mixture on a piece of cardboard covered with foil. Wrap in foil.

Thawing and serving Remove wrappings and thaw in the refrigerator for 3 hours before covering with whipped cream.

Storage time 1 month.

ICE CREAM

Preparation and packing Make Cream Ice*, Custard Ice* or Gelatine

Ice*, flavouring to taste, and pack in containers of rigid plastic, or in waxed containers.

Thawing and serving Serve straight from freezer.

Storage time 12 months.

FRESH FRUIT ICES

Preparation and packing Ices made from fresh fruit purée and cream freeze well. Prepare Fresh Fruit Ice* and add some pieces of fruit if liked. Pack in waxed or rigid plastic containers.

Thawing and serving Serve straight from freezer.

Storage time 12 months.

Special notes Raspberries, strawberries and apricots are particularly good for this type of ice cream.

SORBETS

Preparation and packing Water ices prepared with fruit juice, sugar syrup and gelatine do not freeze completely hard in storage. They may be packed into waxed or rigid plastic containers. For party presentation, orange or lemon sorbet can be packed into clean fruit skins and wrapped in foil for storage.

Thawing and serving Serve straight from freezer. If the ice has been packed in containers, it may be scooped out into clean fruit skins and returned unwrapped to the freezer for 1 hour before serving, so that the skins are frosted.

Storage time 12 months.

BOMBES OR MOULDS

Preparation and packing Double-sided moulds may be bought for making moulds, but any metal mould or bowl may be used such as a jelly

mould. Soften ice cream slightly before filling the mould. If packing in layers of different flavours, put in the first layer and freeze for one hour before adding the next layer, to avoid mixing of colours and flavours. Fruit or liqueurs may be added to the ice cream, or fruit can be used to fill the

centre of a mould. Wrap in foil for storage.

Thawing and serving Unmould on to chilled plate, using cloth wrung out in hot water to release ice cream. Wrap in foil and return to freezer for one hour before serving.

Storage time 12 months.

Plan 10

Pastry and Pies

Unbaked and baked pastry may be frozen in slab form, or prepared as pies, pasties, turnovers, flans and unfilled cases. Baked pies store for a longer period, depending on the filling, but a frozen unbaked pie has a better flavour and scent, and the pastry is crisper and flakier.

TYPES OF PASTRY AND FILLINGS

All types of pastry freeze equally well, but it is important to use a standard balanced recipe, and ingredients must be fresh as stale flour develops an unpleasant flavour after freezing and thawing. Almost all fillings can be used, except those using custard which separates. Meringue toppings toughen and dry during storage.

Hot water crust pies These may be frozen baked or unbaked to eat cold, but there are risks attached. The pie can be frozen unbaked, partially thawed and then baked, but this means that the uncooked meat will have been in contact with the warm uncooked

pastry in which hot water is used during the making process, and unless the pie is carefully handled while cooling, there is a danger of organisms entering the meat. A baked pie can be frozen without the usual jelly, and the stock can be heated and poured into the pie during thawing but this may also encourage organisms. On balance, pork and game pies with hot water crust should therefore be avoided as freezer products.

SLAB PASTRY

Preparation and packing Roll pastry, form into a square and wrap in greaseproof paper, then in foil or polythene. Only pack in small quantities, to facilitate thawing.

Thawing and serving Thaw at room temperature for 2 hours, and do not hasten thawing. Pastry may crumble when rolled if you do. Cook like fresh pastry, and eat when freshly baked.

Storage time 4 months.

Special notes Do not return to freezer in baked form.

PASTRY CASES

Preparation and packing Prepare flan cases, patty cases or vols-au-vent, using foil containers if possible. Freeze unbaked or baked. Freeze choux after baking. Small cases may be packed in boxes with paper between the layers.

Thawing and serving Thaw unbaked cases for 1 hour at room temperature, then bake like fresh pastry. Thaw baked cases at room temperature before filling. A hot filling can be used and the cases heated in a low oven.

Storage time 6 months.

UNBAKED PIES

Preparation and packing Prepare with or without a bottom crust, preferably in a foil case. Put in the cold filling. Do not cut air vents in top crust. Freeze unwrapped and then wrap in foil or polythene, or put in a polythene bag before freezing.

Thawing and serving Cut slits in top crust and bake unthawed like fresh pies, allowing 10 minutes longer than normal cooking time.

Storage time 4 months according to filling.

Special notes Freezing unwrapped will prevent soggiess.

BAKED PIES

Preparation and packing Prepare and bake pies according to recipe, and cool quickly. If possible prepare in foil, otherwise in rustproof and crack-proof container. Wrap in foil or polythene.

Thawing and serving Thaw in wrappings at room temperature for 3 hours to serve cold. Heat double-crust pie at 375°F (Gas Mark 5) for

40–50 minutes according to size, and single-crust pies for 30–50 minutes, having put them in the oven while still frozen.

Storage time 6 months according to filling.

MEAT PIES

Preparation and packing Meat pies may be completely cooked before freezing. The filling may also be cooked and cooled, then topped with pastry and frozen unbaked. Prepare in foil containers if possible. Brush the bottom crust with melted butter or lard just before filling to prevent soggiess.

Thawing and serving Reheat cooked pies, or bake those with uncooked pastry at 400°F (Gas Mark 6) for required time according to size.

Storage time 2 months.

FRUIT PIES

Preparation and packing Fruit pies can be made with cooked or uncooked fillings. If the surface of the bottom crust is brushed with egg white, soggiess will be avoided. Pies may be baked or unbaked.

Thawing and serving Reheat cooked pies, or bake those which have been frozen without cooking at 400°F (Gas Mark 6) for required time according to size.

Storage time 4 months.

Special notes Apples tend to brown if stored in a pie for more than 4 weeks, even when treated with lemon juice, so it is better to combine frozen pastry and frozen apples to make a pie. Small fruit pies and turnovers which have been baked and frozen can be thawed in an ordinary lunch box.

FRUIT PIE FILLINGS

Preparation and packing Use the basic recipe for Fruit Pie Filling* and put into a sponge-cake tin or pie plate lined with foil. Freeze and wrap in foil for storage.

Thawing and serving Line a baking dish with pastry, put in the frozen fillings, cover with pastry and bake as usual, at 425°F (Gas Mark 7) for 45 minutes.

Storage time 6 months.

Special notes This is an economical way of storing fruit in quickly useable form. The addition of corn-flour or flaked tapioca gives a firm filling which cuts well and does not leak.

SAUSAGE ROLLS

Preparation and packing Make sausage rolls with short, flaky or puff pastry. Freeze unbaked rolls on trays, and pack in polythene bags or foil cases for storage. Pack baked rolls in foil cases or in boxes to avoid damage.

Thawing and serving Brush unbaked sausage rolls with egg and bake at 475°F (Gas Mark 9) for 20 minutes, then at 375°F (Gas Mark 5) for 10 minutes. Thaw baked sausage rolls in wrappings in refrigerator for 6 hours, to eat cold, or heat at 400°F (Gas Mark 6) for 25 minutes.

Storage time 1 month.

SAVOURY AND SWEET FLANS

Preparation and packing Open flans with savoury or sweet fillings are best completed and baked before freezing. They should be frozen without wrapping to avoid spoiling the surface, then wrapped in foil or polythene for storage, or packed in boxes to avoid damage.

Thawing and serving Thaw in loose wrappings at room temperature for 2 hours to serve cold, or reheat if required.

Storage time 2 months with fresh fillings; 1 month if made with leftover meat or vegetables.

Plan 11

Bread, Cakes and Biscuits

All types of bread, cakes and biscuits freeze extremely well. They may be frozen unbaked or ready-to-serve; biscuits are better cooked after freezing.

UNCOOKED YEAST MIXTURES

Unbaked yeast mixtures may be frozen for up to 2 weeks, but proving

after freezing takes a long time, and the texture may be heavy. Unbaked dough must be proved once before being frozen in bulk, or, better still, shaped ready for baking. Surfaces should be brushed with oil or unsalted melted butter to prevent a tough crust forming. Dough must be thawed in a moist warm place, and greater speed in thawing will give a lighter

texture. The bread must be proved before baking.

UNCOOKED CAKE MIXTURES

Cake batter may be frozen uncooked in cartons, or in rustless baking tins, and will keep for 2 months. The resulting cakes will lose volume in cooking, and if they have thawed too long will be heavy. There is little advantage in freezing uncooked cake mixtures.

INGREDIENTS

Fresh ingredients of good quality must be used for baked goods to be frozen as stale flour deteriorates quickly after freezing. Butter is preferable for good flavour, but margarine gives a light texture and can be used in strongly flavoured cakes such as chocolate. Egg yolks and white freeze at different speeds, so eggs should be well-beaten before being incorporated in mixtures.

FLAVOURINGS

Highly-spiced foods develop off-flavours during freezing, and spice cakes are not recommended for freezing. Synthetic flavourings also develop off-flavours and should be avoided, e.g. vanilla pod or vanilla sugar should be used instead of synthetic essence.

ICINGS, FILLINGS AND DECORATIONS

Cakes should not be filled with cream, jam or fruit before freezing as cream will crumble and the other fillings will make the cakes soggy. Boiled icings and those made with cream or egg whites do not freeze well

and crumble on thawing. The best icings are those made with fat and sugar.

Cakes should not be decorated before freezing as moisture may be absorbed by the decorations during thawing and spoil the appearance of the cake. They may be added just before serving time.

PACKING AND FREEZING

Bread, buns and un-iced cakes may be frozen in polythene bags in convenient quantities. Small iced cakes are better packed in boxes to avoid crushing. It is best to freeze iced cakes unwrapped, then pack in boxes or bags for storage, with greaseproof paper or cellophane separating layers. Wrappings should be removed before thawing iced cakes to allow moisture to escape and to avoid smudging.

BREAD AND BUNS

Preparation and packing Cooked yeast mixtures freeze best when 24 hours old. Pack in polythene bags in required quantities.

Thawing and serving Thaw in wrappings at room temperature; a 1½ lbs loaf will take 3 hours to thaw. Bread may be thawed in a moderate oven, but will become stale quickly.

Storage time 8–12 months.

DOUGHNUTS

Preparation and packing Pack in polythene bags. Home-made doughnuts must be well-drained when removed from fat and are best frozen without being rolled in sugar.

Thawing and serving Remove from freezer and heat at once at 400°F (Gas Mark 6) for 8 minutes, then roll

in caster sugar.

Storage time 1 month.

Special notes Jam in doughnuts may make them a little soggy in thawing, so ring doughnuts are preferable for freezing.

CROISSANTS AND BRIOCHE

Preparation and packing Pack in polythene bags and store carefully to avoid crushing and flaking. Or pack in boxes in layers with paper between.

Thawing and serving Thaw in wrappings at room temperature for 30–45 minutes and heat lightly in oven or under grill. Brioche may be heated with tops cut off and centres filled with sweet or savoury mixtures.

Storage time 2 months.

DANISH PASTRIES

Preparation and packing Pastries may be frozen un-iced or with a light water icing. Pack in foil trays with foil lid, or in boxes to avoid crushing.

Thawing and serving Thaw at room temperature, removing wrappings if iced, for 1 hour. Heat lightly in oven if liked.

Storage time 2 months.

MUFFINS AND CRUMPETS

Preparation and packing Pack in useable quantities in polythene bags.

Thawing and serving Thaw in wrappings at room temperature for 30 minutes, then toast.

Storage time 10–12 months.

FRUIT AND NUT BREADS

Preparation and packing Do not overbake, and cool quickly. Pack in foil or polythene.

Thawing and serving Thaw in wrappings at room temperature for 1 hour. Slice while partly frozen to prevent crumbling, and spread with butter.

Storage time 10–12 months.

SCONES

Preparation and packing Prepare according to the Basic Scone Mixture*, adding fruit or cheese if liked. Pack in useable quantities in polythene bags.

Thawing and serving Thaw in wrappings at room temperature for 1 hour, or heat at 350°F (Gas Mark 4) for 10 minutes with a covering of foil.

Storage time 2 months.

PANCAKES, GRIDDLECAKES AND DROP SCONES

Preparation and packing Cool thoroughly before packing. Pack large thin pancakes with layers of cellophane or greaseproof paper like a cake, and wrap in foil or polythene. Pack griddlecakes and drop scones in boxes, foil or polythene bags.

Thawing and serving Thaw block of pancakes in wrappings at room temperature, or separate before thawing. Heat in low oven or on a plate over steam, covered with a cloth. Pancakes may be filled after thawing and before heating. Thaw griddlecakes and drop scones in wrappings at room temperature for 1 hour.

Storage time 2 months.

Special notes Pancakes may be filled and/or covered with sauce before freezing, but will then only store for 1 month.

SAVARINS AND BABAS

Preparation and packing En-

riched yeast doughs incorporating eggs and sugar store well in the freezer, either with or without syrup poured over. Pack in foil or polythene, or in a box if syrup is used.

Thawing and serving Thaw at room temperature without wrappings, pouring on warm syrup if cake has been frozen without it. Additional sauce may be used even if cake has been frozen ready for eating.

Thaw 2-3 hours.

Storage time 3 months.

SPONGE-CAKES AND ICED CAKES

Preparation and packing The same treatment applies to fatless sponges and those with fat; to iced and un-iced cakes; to plain cake mixtures such as Madeira Cake; and to cakes flavoured with chocolate and coffee. Delicate cakes are best packed in boxes to avoid crushing. Other cakes can be wrapped in foil or polythene.

1 If cakes are to be filled and iced

Cakes, sweet biscuits and sweets can all come out of the freezer for special occasions. No one need be tired out by baking 'on the day'.



after thawing, pack in layers with greaseproof paper or cellophane between.

- 2 Cakes may be filled and iced with butter icing, frozen unwrapped, then packed for storage.

Thawing and serving Thaw at room temperature, removing wrappings if cake is iced.

Storage time 10 months for fatless cakes; 4 months for cakes with fat. Unbaked cake batter stores for 2 months.

ICE CREAM CAKES

Preparation and packing Cut sponge-cake in thin layers and put together with ice cream. Pack in box or wrap in foil after quick-freezing unwrapped.

Thawing and serving Unwrap and thaw at room temperature for 15 minutes.

Storage time 4 months.

FRUIT CAKES

Preparation and packing Wrap in foil or polythene.

Thawing and serving Thaw in wrappings at room temperature.

Storage time 4 months.

Special notes Rich fruit cakes store for a long time in tins, so it is unnecessary to waste freezer space on them. Dundee cakes, sultana cakes and other light fruit mixtures freeze well.

SMALL CAKES

Preparation and packing Small iced and plain cakes may be frozen. Damage is avoided if they are made in paper or foil cases. Iced cakes are best packed in boxes in layers with paper

between, and should be frozen before packing. Other cakes may be packed in polythene bags. Cake to be cut in squares may be frozen in the baking tin or one made of foil, covered with foil or polythene for storage to be cut in squares when thawed.

Thawing and serving Thaw at room temperature, removing wrappings if iced.

Storage time 4 months.

ECLAIRS AND CREAM BUNS

Preparation and packing Choux pastry cases should be frozen unfilled and un-iced in bags or boxes to avoid crushing.

Thawing and serving Thaw in wrappings at room temperature for 2 hours before filling and icing.

Storage time 1 month.

Special notes Cases may be filled with ice cream, frozen on trays, then packed in rigid containers. They should be thawed at room temperature for 10 minutes before serving.

BISCUITS

Preparation and packing Make Basic Sugar Biscuits*, flavouring as liked. Form dough into cylinder shapes about 2 inches in diameter. Wrap in foil or polythene.

Thawing and serving Thaw in wrappings in refrigerator for 45 minutes, cut in slices, and bake at 375°F (Gas Mark 5) for 10 minutes.

Storage time 2 months.

Special notes Biscuits frozen before baking are crisp and light. Baked biscuits freeze well but need careful packing to avoid crushing, and freezer space need not be wasted as they keep well in tins.

WAFFLES

Preparation and packing Do not overbrown. Pack in useable quantities in foil or polythene.

Thawing and serving Heat unthawed under grill or in oven.

Storage time 2 months.

Plan 12

Cook's Treasures

A number of items can usefully be stored in the freezer to speed up the preparation of meals. Other useful additions to main meals will be found in Leftovers, PLAN FOURTEEN.

BUTTER BALLS

Preparation and packing Make butter balls, curls or shapes and place on baking sheet. Freeze, then pack in polythene bag for storage.

Thawing and serving Put on serving dishes and leave at room temperature for 1 hour.

Storage time 6 months unsalted butter; 3 months salted butter.

FLAVOURED BUTTERS

Preparation and packing Cream butter and flavour with herbs, essences and seasoning, according to end use. Pack in small containers or in ice-cube trays, wrapping each cube in foil after freezing for easy storage. Butter may also be formed into a cylinder and wrapped in greaseproof paper, then in polythene.

Thawing and serving Thaw at room temperature for 2 hours before using for spreading. Cut slices from cylinders of flavoured butter to put on hot meat or fish.

Storage time 6 months unsalted butter; 4 months salted butter.

Special notes Parsley, garlic or shrimp are useful flavourings.

SANDWICHES

Preparation and packing Prepare sandwiches from any type of bread, well spread with butter. Omit cooked egg whites, raw vegetables, salad cream or mayonnaise, and jam from fillings. Pack in groups of six or eight, with an extra slice or crust of bread at each end to prevent drying out. Keep sandwiches large and with crusts on. Wrap in foil or polythene and freeze a few inches from freezer wall.

Thawing and serving Thaw in wrappings in refrigerator for 12 hours, or at room temperature for 4 hours. Trim crusts and cut in smaller pieces.

Storage time 1 month.

Special notes Rolled, pinwheel and ribbon sandwiches all freeze well. Use brown bread for fish fillings and fruit bread for cheese or sweet fillings if liked. The same directions apply to filled rolls or baps.

PASTA AND RICE

Preparation and packing Spaghetti, macaroni and rice should be

slightly undercooked, thoroughly drained, and packed into polythene bags for storage.

Thawing and serving Put into a pan of boiling water and bring the water back to the boil, then reduce heat until pasta or rice is just tender, the time depending on the state in which it was frozen. Rice may be reheated with a little melted butter in a thick pan.

Storage time 1 month.

PASTA DISHES

Preparation and packing Combination dishes of pasta and sauce may be packed into foil containers before the final baking, e.g. Macaroni Cheese. Cover container with foil for freezing.

Thawing and serving Heat at 400° F (Gas Mark 6) while still frozen, for 40 minutes until brown and bubbling.

Storage time 1 month.

Special notes Such dishes may be freshly cooked, or may be a combination of leftovers. Sauces should not be thickened with flour, but with corn-flour or tomato purée.

GARNISHES

Preparation and packing Sprigs of herbs such as parsley and mint may be frozen in small foil packages or polythene bags. Strawberries with hulls and cherries on stalks can be fast frozen on trays, then packed in polythene bags.

Thawing and serving Put herbs on serving dishes and serve at once as they become limp on thawing. Put strawberries or cherries straight on to puddings or into drinks.

Storage time 12 months.

SOUP GARNISHES

Preparation and packing Use herbs (PLAN FOUR) and flavoured butters (PLAN TWELVE). Also lightly toast cubes of bread and pack in polythene bags to serve as croutons. Make croutons about $\frac{1}{2}$ inch thick.

Thawing and serving Put cubes of herbs or flavoured butters into hot soup just before serving. Thaw croutons in wrappings at room temperature, or put directly into hot soup.

Storage time 1 month for croutons.

ICE CUBES

Preparation and packing Freeze extra quantities of ice cubes and pack in polythene bags for storage. Freeze large blocks of ice and wrap in foil. Use fruit squash or syrup for ice cubes, or add sprigs of mint, orange or lemon peel, or cocktail cherries to ordinary cubes.

Thawing and serving Put individual cubes into drinks; large blocks of ice do not dilute punches and cups so quickly.

Storage time 12 months.

ICING

Preparation and packing Prepare flavoured icings with butter and icing sugar and pack in waxed or rigid plastic containers.

Thawing and serving Thaw in container at room temperature for 2 hours, then use for filling and topping cakes.

Storage time 4 months.

GLACE FRUIT AND CANDIED PEEL

Preparation and packing Pack tightly in foil or polythene bag.

Thawing and serving Thaw in wrapping at room temperature for 3 hours before using.

Storage time 1 year.

Special notes These fruits keep very moist and fresh in the freezer.

NUTS

Preparation and packing Nuts may be frozen whole, chopped, slivered, or buttered and toasted, in small containers or foil or polythene bags.

Thawing and serving Thaw in

wrapping at room temperature for 3 hours.

Storage time 1 year; 4 months only, if buttered and toasted.

Special notes Nuts keep moist and fresh in the freezer. Do not freeze salted nuts.

ROUX

Preparation and packing Make a quantity of roux allowing 1 lb butter to 8 oz plain flour. Freeze tablespoons on baking sheets and pack in waxed or rigid plastic container for storage.

Thawing and serving Add frozen spoons of roux to hot liquid, stirring well and cooking gently to the required thickness.

Storage time 4 months.

Plan 13

Complete Freezer Meals

Some freezer owners prefer to store all vegetables together, all cooked dishes together and so on. Others find it more convenient to package complete meals in one polythene bag for easy storage, and this is useful if the cook is not available to complete the serving of a meal. As a compromise between the two systems, it may be practical to package sauces with pasta or with an appropriate dessert, or to prepare a complete dinner party menu and package it with a preparation timetable.

Experienced cooks will soon find their most convenient individual system, but the following plan outlines the sort of way in which frozen dishes

and raw materials may be combined, with specimen timetables for final preparation and serving.

MENU

Lunch for school holidays

Tomato Juice

Spaghetti with Meat Balls in Gravy

Fruit Crumble

Preparation timetable

3 hours before meal:

Remove tomato juice from freezer and put in container in refrigerator.

30 minutes before meal:

Put meat balls in gravy into double boiler and heat gently.

Put fruit crumble into oven (400°F, Gas Mark 6).

20 minutes before meal:

Put frozen spaghetti into boiling water, bring back to boil, and leave to simmer.

Serving time

Season tomato juice. Reduce oven heat to 375°F (Gas Mark 5) for fruit crumble. Drain spaghetti and pour over meat balls and gravy.

MENU

Supper for family

Tomato Soup with Croûtons

Macaroni Cheese

Fresh Fruit Ice Cream

Preparation timetable

45 minutes before meal:

Put macaroni cheese in oven (400°F, Gas Mark 6).

15 minutes before meal:

Heat tomato soup in double boiler.

Serving time

Add frozen croûtons to soup. Remove fresh fruit ice cream from freezer.

MENU

Dinner party

Fish Pâté

Roast Chicken with Bread Sauce

Green Peas and Duchesse Potatoes

Icebox Cake

Preparation Timetable

Overnight:

Put wrapped chicken and stuffing in refrigerator to thaw.

3 hours before meal:

Transfer fish pâté and icebox cake to refrigerator from freezer. Remove wrappings from icebox cake.

2 hours before meal:

Stuff chicken and prepare for roasting.

20 minutes before meal:

Put Duchesse potatoes in oven (400°F, Gas Mark 6).

10 minutes before meal:

Cook frozen peas. Heat bread sauce in double boiler, adding a little cream and seasoning.

Serving time

Bring fish pâté to table with toast. Serve chicken with bread sauce, peas and potatoes. Cover icebox cake with whipped cream.

MENU

Children's tea

Sardine Sandwiches

Sausage Rolls

Iced Chocolate Cake

Preparation Timetable

4 hours before meal:

Unwrap cake and put on serving plate at room temperature. Leave sandwiches in wrappings at room temperature.

25 minutes before meal:

Put cooked sausage rolls in oven (400°F, Gas Mark 6).

Serving time

Trim crusts from sandwiches and cut in smaller pieces.

Plan 14

Leftovers

Food which has been cooked and frozen and is then left over after thawing or heating must never be refrozen. Raw materials such as vegetables which have been frozen may however be returned to the freezer in cooked form. Cooked meats, vegetables and sauces may be refrozen as complete meals, or individually for a variety of end uses. Also, foods like oddments of cheese or bread can be processed and frozen for addition to other dishes.

COMPLETE MEALS

Preparation and packing Use compartmented foil meal trays for individual portions of meat in sauce or gravy, vegetables and potatoes. Vegetables may be topped with parsley butter to give moistness on reheating. Potatoes are best mashed or in the form of Duchesse Potatoes* or croquettes. Do not include any items which need different thawing or reheating treatment from the rest. Cover tray with foil lid.

Thawing and serving Heat with cover on at 375°F (Gas Mark 5) for 30 to 45 minutes.

Storage time 1 month.

Special notes It is important to process, pack and freeze leftovers immediately after a meal as soon as they have been cooled.

VEGETABLES

Preparation and packing

Either put cooked vegetables into casseroles, pies or flans, bound with a little white or cheese sauce if necessary; or purée vegetables with a little stock and pack in small containers or ice cube trays, removing individual cubes and wrapping in foil for storage.

Thawing and serving Follow directions for thawing casseroles, pies or flans. Purée may be thawed in its container in the refrigerator for 2 hours, before heating in a double boiler; or frozen cubes may be added to soups, stews or sauces.

Storage time 1 month.

SAUCES AND GRAVY

Preparation and packing These may be added to pies or casseroles, or poured over cold meat or poultry slices. Only those thickened with cornflour are suitable for freezing. Small quantities may be frozen by the ice cube method, wrapping individual cubes in foil for storage.

Thawing and serving Follow the directions for thawing pies, casseroles or meat in sauce. Frozen cubes may be added to soups or casseroles, or heated in a double boiler to serve with meat or fish.

Storage time 1 month.

MEAT AND POULTRY

Preparation and packing

Alternative methods

- 1 Slice $\frac{1}{4}$ inch thick and cover with gravy or sauce in a foil dish covered with a lid, or in a compartmented foil dish with a lid as part of a complete meal.
- 2 Slice $\frac{1}{4}$ inch thick and pack tightly in layers separated by cellophane or greaseproof paper in boxes.
- 3 Mince or cube the meat, and pack tightly in waxed or rigid plastic containers, preferably mixed with sauce or gravy.
- 4 Make a meat loaf, rissoles or a cottage pie, and freeze in foil wrapping or container.
- 5 Mash meat or poultry with a little butter and pack into small containers as paste.

Thawing and serving Reheat meat in gravy at 350°F (Gas Mark 4) for 35 minutes with lid on. Sliced cold meat should be thawed in its wrappings in the refrigerator for 3 hours, then put on absorbent paper to take up moisture. Minced or cubed meat in gravy can be reheated in a double boiler, or thawed for 3 hours in the refrigerator before using in such dishes as cottage pie or meat patties. Paste can be thawed in its container in the refrigerator for 3 hours.

Storage time 1 month.

Special notes Leftover stuffing from poultry should not be mixed with flesh, but can be frozen separately for 1 week's storage only.

FISH

Preparation and packing Fish spoils with overcooking which is

bound to occur when a frozen dish is reheated. However, it may be used as Fish Cakes* or fish pie. Small quantities of fish can be mashed with butter, parsley and a little anchovy essence and packed in small containers as paste.

Thawing and serving Reheat fish cakes in a little fat or in moderate oven, and fish pie at 350°F (Gas Mark 4) for 35 minutes. Thaw paste in its container in the refrigerator for 3 hours.

Storage time 1 month.

HAM AND BACON

Preparation and packing

- 1 Cooked bacon is best crumbled and packed in small containers.
- 2 Cooked ham can be minced or chopped and packed tightly in small containers, or mashed with butter as a spread for sandwiches or toast.

Thawing and serving Use frozen crumbled bacon to top potatoes, fish or cheese dishes, and to add to casseroles. It may be thawed in the refrigerator for 2 hours before mixing into sandwich spreads. Thaw ham for 2 hours in the refrigerator to use in stuffings, casseroles or spreads. Thaw ham spread in its container in the refrigerator for 3 hours.

Storage time 1 month.

CHEESE

Preparation and packing

Alternative methods

- 1 Grate cheese, and pack it in small quantities in containers or polythene bags. The cheese may be

mixed with breadcrumbs before freezing.

- 2 Mix cheese with white sauce and freeze in small containers, or add sauce to leftover vegetables or poultry for freezing in containers or in the form of pies or flans.

Thawing and serving Sprinkle frozen grated cheese, or cheese and crumbs, on to meat or fish dishes or vegetables, or thaw for 1 hour in its container in the refrigerator and add to stuffings or sauces.

Storage time 1 month.

EGG YOLKS AND WHITES

Preparation and packing Follow direction in PLAN 8—DAIRY PRODUCE.

Thawing and serving Thaw and use as fresh eggs.

Storage time 8–10 months.

CAKE

Preparation and packing

- 1 Cut cake in wedges, wrap each wedge in foil or polythene, and pack in boxes or bags in quantity for easy storage.
- 2 Rub sponge-cakes, plain cakes or chocolate cakes into crumbs and pack in polythene bags.

Thawing and serving Thaw cake wedges in wrappings in refrigerator for 3 hours, or pack into lunch-boxes for later serving. Thaw frozen crumbs at room temperature and use for puddings, or for sweet stuffings for fruit.

Storage time 1 month.

CREAM

Preparation and packing Whip surplus cream and pipe, or drop in spoonfuls on to baking sheets. Fast

freeze, then pack into polythene bags.

Thawing and serving Remove from wrappings and place on cakes or puddings. Cream will thaw in 30 minutes at room temperature.

Storage time 1 month.

TEA AND COFFEE

Preparation and packing Pour strong tea or coffee into ice cube trays, then remove frozen cubes, wrap in foil and put in bags for storage.

Thawing and serving Add frozen cubes to iced tea, coffee or fruit punch.

ORANGE AND LEMON PEEL

Preparation and packing Grate peel, and pack in small waxed or rigid plastic containers.

Thawing and serving Thaw in containers at room temperature and use for cakes and puddings.

Storage time 2 months.

FRUIT JUICES AND SYRUPS

Preparation and packing Pour small quantities into ice cube trays, then wrap cubes in foil and put in bags for storage.

Thawing and serving Put frozen cubes into fruit drinks or punch. Thaw syrup at room temperature for use as sauce, or to mix into puddings or ice cream.

Storage time 6 months.

Special notes In addition to flavoured syrups, surplus syrup from canned fruits may be frozen in cubes to use for fruit drinks and as a base for sweet sauces.

BREAD

Preparation and packing

Alternative methods

- 1 Rub bread into crumbs and pack in polythene bags. Crumbs may be mixed with soft butter, or with grated cheese.
- 2 Bread slices may be packed in containers or bags with greaseproof paper between.
- 3 Stale bread, cut in cubes, can be toasted, with or without melted

butter, and packed in boxes or bags.

Thawing and serving Sprinkle frozen crumbs on meat, fish, cheese or vegetable dishes for browning and serving. Bread slices may be grated into crumbs while still frozen, or thawed at room temperature to be used for toast or sandwiches, or toasted while still frozen. Use toasted bread cubes as croutons for soup.

Storage time 1 month.



Bread is vital to us, and a spare loaf in the freezer gives the housewife confidence.

5 Basic Recipes

MEAT STOCK Yield: 1 pint

Shin beef	1 lb
Water	1 quart
Carrot	1
Onion	1 small
Bay leaf and parsley	
Peppercorns	6
Salt	$\frac{1}{2}$ teaspoon

Beef bones may also be used for cooking the stock. Cover meat and bones with water and simmer for 2 hours with lid on. Cut carrot and onion into small pieces, fry very lightly and add to liquid, together with herbs and seasoning. Simmer for 2 hours, strain and cool. Take off fat and put stock into leakproof containers, allowing headspace. **Thawing and serving** Heat in saucepan over low direct heat, and use as a basis for soups and stews. **Storage time** 1 month.

WHITE SAUCE Yield: 1 pint

Onion	1 small
Carrot	1
Bayleaf	1
Butter	1 oz
Milk	1 pint
Cornflour	1 oz
Salt and pepper	

Cut onion and bayleaf in slices and simmer with bayleaf in milk for 15 minutes. Melt butter and carefully

work in cornflour, and cook for 2 minutes. Gradually add milk, stirring very well, and season to taste. Cool and put into containers.

Variations

Cheese Sauce—add 2 oz grated cheese.
Parsley Sauce—add 2 tablespoons chopped parsley.

Shrimp Sauce—add 2 oz peeled shrimps.

Onion Sauce—add 6 oz chopped onions softened in butter.

Thawing and serving Heat in double boiler, stirring well, and adjust seasonings. Add a little cream if liked.
Storage time 1 month.

BROWN SAUCE

Yield:
3 pints

Dripping	4 oz
Onion	1 large
Carrot	1 large
Celery	2 sticks
Bacon	2 oz
Brown stock	4 pints
Tomato paste	2 tablespoons
Mushrooms	4 oz
Parsley, thyme and bayleaf	
Cornflour	3 oz

Melt dripping, and fry sliced vegetables and bacon until brown. Drain well. Add the vegetables and bacon, tomato paste, chopped mushrooms and herbs to the stock and simmer 1½ hours. Thicken with cornflour mixed

with a little water, and continue, simmering for 30 minutes. Strain and cool. Remove any fat and pack into containers.

Thawing and serving

Heat gently in double boiler, stirring well. **Storage time** 12 months.

TOMATO SAUCE

	Yield:
	1 pint
Tomatoes	1 lb
Butter	1 oz
Onion	1 small
Carrot	1 small
Ham	1 oz
Stock	1 pint
Parsley, thyme, bayleaf	
Cornflour	$\frac{1}{2}$ oz
Salt and pepper	

Cut up tomatoes roughly. Melt butter and cook sliced onion and carrot until soft and golden. Add tomatoes, ham, stock and herbs and simmer for 30 minutes. Put through a sieve and thicken with cornflour mixed with a little water. Season to taste and simmer for 5 minutes, stirring well. Cool and put into small containers or ice cube trays, wrapping ice cubes when frozen in foil for storage.

Thawing and serving

Heat in double boiler, stirring well, and adding additional flavourings as required. **Storage time** 1 month.

APPLE SAUCE **Yield:** $\frac{1}{2}$ pint

Apples	1 lb
Sugar	To your taste
Lemon juice	To your taste

Using very little water, cook apples

to a pulp. This is best done in the oven, in a casserole. The flavour will be better if the apples are left unpeeled. Sieve apples, and sweeten to taste, adding a little lemon juice. Cool and pack, leaving $\frac{1}{2}$ inch headspace. **Thawing and serving** 3 hours at room temperature. **Storage time** 12 months.

SWEET AND SOUR BEEF CASSEROLE

Yield:
4 helpings

Stewing steak, cut in 1-inch cubes	$\frac{3}{4}$ lb
Oil	1 tablespoon
Seasoned cornflour	1 oz
Honey	2 tablespoons
Vinegar	2 tablespoons
Water	$\frac{3}{4}$ pint
Green pepper, sliced	$\frac{1}{2}$
Button mushrooms, sliced	$\frac{1}{4}$ lb
Prunes, soaked	4
Green olives, stoned	2 tablespoons

Preheat the oven to 350°F (Gas Mark 4)

Melt the oil in a 2 $\frac{1}{2}$ -pint freezer-to-table-ware saucepan or casserole and gently fry the beef until the cubes are browned on all sides. Stir in the honey, vinegar and water. Then add the cornflour, blended with water.

Place the pan in the preheated oven and cook for 2 hours. After 1 $\frac{1}{2}$ hours, add the carrots, prunes and olives.

Cool the dish completely and skim off the fat. Cover with a lid and seal with freezer tape. **Thawing and serving** Remove the freezer tape. Return to the oven, preheated to 350°F (Gas Mark 4) for 45 minutes. **Storage time** 1 month.

FISH CAKES

Yield:
8 fish cakes

Cooked white fish	8 oz
Mashed potatoes	8 oz
Chopped parsley	2 teaspoons
Butter	1 oz
Salt and pepper	
Egg to mix	

Flake the fish and mix with the potatoes, parsley, melted butter and seasonings. Mix with egg to bind firmly. Divide mixture into eight portions and flatten into rounds. Coat with egg and breadcrumbs and fry until golden. Cool, pack in flat box or wrap in freezer paper or foil. **Thawing and serving** Heat in oven or in frying pan with a little fat without thawing. **Storage time** 1 month.

MEAT LOAF

Yield:
1 meat loaf

Eggs	2
Milk	$\frac{1}{2}$ pint
Soft white breadcrumbs	6 oz
Salt	1 $\frac{1}{2}$ teaspoons
Pepper	$\frac{1}{2}$ teaspoon
Minced chuck steak	2 lbs
Oven heat	350°F (Gas Mark 4)
Pan	Loaf tin

Beat eggs lightly, then add milk, breadcrumbs, seasonings and minced meat. Mix well. Line loaf tin with foil, leaving 6 inch overlap of foil. Pack in meat mixture. **Either** Bake in pre-heated oven at 350°F (Gas Mark 4) for 1 hour, 40 minutes; cool, fold over foil to form parcel, remove from loaf tin, and freeze foil package. **Or** Do not

pre-cook, but fold over foil to form parcel, seal and freeze. **Thawing and serving** Remove foil and reheat cooked meat loaf at 400°F (Gas Mark 6) for 30 minutes to serve hot. Uncooked meat loaf should be cooked at 350°F (Gas Mark 4) for 1 hour 40 minutes. Cooked meat loaf may also be thawed in wrappings in refrigerator to eat cold. **Storage time** 1 month.

HARLEQUIN APPLES

Yield:
4 apples

Dessert apples	4
Lemon juice	1 lemon
Cooking apples, large	2
Sugar	$\frac{1}{2}$ oz
Raisins	1 tablespoon

Remove skin in strips from dessert apples, and brush them with half the lemon juice. Peel, core and slice the cooking apples, and cook them with the remaining juice, sugar and raisins until soft. Fork the purée briskly. Remove flesh from centres of dessert apples, and refill with the apple purée. Serve at once.

MEAT BALLS

Yield:
20 meatballs

Minced raw beef	$\frac{3}{4}$ lb
Minced raw pork	$\frac{1}{4}$ lb
Dry white breadcrumbs	2 oz
Creamy milk	$\frac{1}{2}$ pint
Chopped onion	1 small
Salt	1 $\frac{1}{2}$ teaspoons
Pepper	$\frac{1}{4}$ teaspoon
Butter for frying	

Mix minced meats and soak breadcrumbs in milk. Cook onion in a little



Harlequin apples make a more decorative accompaniment to roast pork than the usual apple sauce.

butter until golden. Mix onion with meat and breadcrumbs, and add seasonings. Shape into 1 inch balls, using 2 spoons dipped in cold water. Fry balls gently in butter until evenly brown, shaking pan to keep balls round. Drain and cool, and pack in polythene bags or in boxes with greaseproof paper between layers.

Thawing and serving These meat-balls may be eaten cold after thawing in container in refrigerator for 3 hours. They may be fried quickly in hot fat to serve, or heated gently in tomato sauce or gravy to serve with spaghetti or rice. **Storage time** 1 month.

oil. Bake at 425°F (Gas Mark 7) for 30 minutes. Cool and wrap in foil. Mozzarella cheese should be used, but Bel Paese can be substituted, and should only be added 10 minutes before cooking finishes as it melts quickly. **Thawing and serving** Unwrap and thaw at room temperature for 1 hour, then bake at 375°F (Gas Mark 5) for 25 minutes and serve very hot. **Storage time** 1 month. **Special notes** Anchovies may be omitted from topping as their saltiness may cause rancidity in the fatty cheese during storage; they can be added at the reheating stage. Fresh herbs should be used rather than dried.

PIZZA

**Yield: one
7-inch pizza**

Plain flour	4 oz
Yeast	$\frac{1}{4}$ oz
Salt and pepper	
Tomatoes	4 medium
Anchovy fillets	6
Oregano or marjoram	1 teaspoon
Cheese	3 oz
Olive oil	
Oven heat	425°F (Gas Mark 7)

Dissolve yeast in a little tepid water and put into flour, well salted. Blend well and add a little more warm water to make a stiff dough. Knead well, form into a ball, cover with a cloth, and leave in a warm place to rise for about 2 hours until double in volume. Roll out to a 7-inch disc about $\frac{1}{4}$ inch thick. Skin and chop tomatoes, and spread on dough, seasoning well with pepper and salt; arrange anchovy fillets on top, and thin slices of cheese, and sprinkle well with herbs and olive

BAKED POTATOES

Large potatoes
Milk
Butter
Salt and pepper

Scrub potatoes, prick with a fork and bake at 350°F (Gas Mark 4) for 1½ hours. Scoop pulp from shells, mash with milk, butter and seasonings and return to potato shells. Pack in heavy duty foil. **Variations** Add cheese to potato pulp; or creamed smoked fish, creamed ham or chicken, or creamed kidneys. **Thawing and serving** Reheat at 350°F (Gas Mark 4) for 40 minutes. **Storage time** 3 months (1 month if fish or meat fillings).

DUCHESSE POTATOES

**Yield:
18**

Cooked potatoes
Butter

2 lbs
4 oz

Eggs 2
Salt, pepper and nutmeg

Sieve potatoes and beat well with butter and eggs to a piping consistency, seasoning well. Add a little hot milk if mixture is very stiff. Pipe in pyramids on to sheets lined with oiled paper, and freeze unwrapped. Pack in polythene bags for storage.

Thawing and serving Put on baking sheets, brush with egg and bake at 400°F (Gas Mark 6) for 20 minutes. **Storage time** 1 month.

SALMON **Yield:**
QUICHE **4-6 helpings**

A salmon quiche makes a first-class freezer stand-by for a dinner party or for unexpected guests.

Shortcrust pastry 6 oz
Salmon, drained 7-oz can
Button mushrooms, sliced 2 oz
Eggs, beaten 2
Soured cream $\frac{1}{4}$ pint
Milk $\frac{1}{4}$ pint
Salt and black pepper
Cheddar cheese, grated 3 oz
Parsley

Roll out the pastry and use to line an 8½-inch fluted flan ring. Place the well-drained and flaked salmon in the base and cover with the mushrooms.

Beat the eggs into the soured cream and then add the milk. Season well with salt and pepper and stir in the



cheese. Pour into the flan case and cook at 420°F (Gas Mark 7) for 20 minutes then reduce to 350°F (Gas Mark 4) for a further 30–40 minutes till golden brown and firm to the touch. **Thawing and serving** Thaw in refrigerator for 6 hours to serve cold. Heat at 350°F (Gas Mark 4) for 20 minutes to serve hot. Garnish with parsley. **Storage time** 2 months.

SCALLOPS WITH DUTCH SAUCE **Yield: 4 helpings**

Scallops	4 medium
Milk	$\frac{1}{2}$ gill
Butter	1 oz
Cornflour	1 oz
Potato, mashed	As required
Gouda cheese	4 oz grated
Salt and pepper	To your taste

The flavour of the shellfish mingles subtly with the cheese in its sauce, in this dish of scallops.

Breadcrumbs **As required**

Prepare the scallops. Throw away the bottom shells and all parts of the scallops except the white and orange. Rinse under cold water. Poach in a little milk gently until tender, about 10 minutes. Brush the shells with a little melted butter. Pipe a border of mashed potato round the edge of each shell, and place the scallops in the shells.

Use a frozen basic sauce or make a cheese sauce with the butter, cornflour and almost all the grated cheese. Pour it over the scallops. Sprinkle with the remaining cheese and the breadcrumbs. Place under a hot grill for 5 minutes.

Make this dish, chill and then freeze it complete, or make it from frozen ingredients.





Creamed liver and rice is a well-balanced main dish. Freeze the meat before cooking, and freeze the cream sauce separately.

CREAMED LIVER

Yield:
4 helpings

Butter	1½ oz
Onion, peeled and chopped	1
Calves' liver (or lamb's), sliced	1 lb
Seasoned flour	
Stock	¼ pint
Mixed herbs	¼-½ teaspoon
Salt and black pepper	
Lemon juice	1 teaspoon
Longlife cream	¼ pint carton
Long grain rice	8 oz

Freeze this dish complete, or use

frozen ingredients.

Melt the butter in the pan and sauté the onion until soft but not coloured. Dip liver in the seasoned flour, then add to the pan. Fry gently for about 5 minutes each side.

Add stock, herbs and lemon juice and simmer for about 5 minutes longer. **Thawing and serving** Remove coverings and heat at 350°F (Gas Mark 4) for about 15 minutes. Check seasonings and stir the cream into the sauce. Reheat gently and arrange the liver on a bed of cooked rice and spoon the sauce over.

GLAZED BEEF LOAF

Yield:
4-6 helpings

Onions, chopped	2 medium
Garlic, chopped	1 clove
Dripping or lard	$\frac{1}{2}$ oz
Minced beef	1 lb
Breadcrumbs, fresh	3 oz
Worcestershire sauce	A few drops
Lemon juice	1 tablespoon
Ground nutmeg	$\frac{1}{4}$ teaspoon
Mixed herbs	$\frac{3}{4}$ teaspoon
Ground black pepper	1 level teaspoon
Beef consommé	15 $\frac{1}{2}$ -oz can
Orange	1 large, peeled
Tomato ketchup	2 tablespoons
Gelatine	2 level teaspoons

Heat oven to 375°F (Gas Mark 5). Fry onion and garlic in dripping until soft, and combine with the meat, breadcrumbs, Worcestershire sauce, lemon juice, spice, herbs, seasoning, tomato ketchup and half the can of consommé.

Shape the mixture into a loaf, wrap in foil and place on a baking tray. Cook for 1½ hours; uncover the loaf, and reduce the temperature to 325°F (Gas Mark 3) for the last half hour. Remove from the oven and cool quickly, then place in a cold place until quite cold. Chill or freeze at this stage, if desired. **Thawing and serving** Thaw the loaf in the refrigerator for 3 hours. Place the gelatine and the remaining consommé in a bowl over a pan of hot water, and stir until the gelatine has dissolved. Leave to cool. Arrange orange segments on top of the loaf. When the consommé is nearly set, spoon it carefully over the meat loaf and allow to set firm.

Chop any remaining consommé and use as a garnish for the loaf. **Storage time** 1 month.

GALANTINE

Yield:
1 galantine

Chuck steak	1 lb
Bacon	4 oz
Fine white breadcrumbs	4 oz
Chopped parsley	1 teaspoon
Chopped thyme	1 teaspoon
Salt and pepper	
Eggs	2
Pans	Loaf tin and steamer

Mince steak and bacon and stir in breadcrumbs, herbs and seasonings, moistening with lightly beaten egg. Put into loaf tin and steam for 3 hours. Cool under weights, turn out, and wrap in freezer paper or foil. **Thawing and serving** Thaw in refrigerator overnight, and coat with brown breadcrumbs before serving. **Storage time** 1 month.

POULTRY STUFFING

for one
3 lb chicken

Suet	2 oz
Fresh breadcrumbs	4 oz
Chopped parsley	2 teaspoons
Chopped thyme	1 teaspoon
Grated lemon rind	1 teaspoon
Salt and pepper	
Egg	1 medium

Grate suet and mix all ingredients, binding with beaten egg. **Either** Pack into small cartons or polythene bags, but do not stuff birds before freezing. **Or** Form mixture into small balls, deep fry, cool, drain and pack in small



A glazed beef loaf is one attractive way to serve leftover frozen meat. Frozen aspic may be cloudy so glaze the loaf after thawing.

cartons or polythene bags. **Thawing and serving** Thaw uncooked stuffing in container in refrigerator for 2 hours before stuffing bird. Put cooked stuffing balls into roasting tin with poultry, or into casserole, ten minutes before serving time. **Storage time** 1 month. **Special notes** Stuffing containing sausage meat should not be frozen. Basic recipe may have the addition of 2 oz bacon, but then should not be stored for longer than two weeks.

FRIED CHICKEN

Yield :
6 helpings

Chicken pieces	2 lbs
Sour cream	$\frac{1}{4}$ pint
Lemon juice	1 dessertspoon
Worcester sauce	1 teaspoon
Salt	1 teaspoon
Pepper	
Paprika	
Garlic	2 cloves
Breadcrumbs	4 oz
Oven heat	350°F (Gas Mark 4)

Wipe chicken pieces thoroughly. Mix together cream, lemon juice and seasonings, chopping garlic finely, and using a pinch each of pepper and paprika. Coat in breadcrumbs and arrange in greased baking dish. Bake at 350°F (Gas Mark 4) for 45 minutes. Cool, and wrap chicken pieces individually. **Thawing and serving** Put frozen chicken in foil wrappings in oven and bake at 400°F (Gas Mark 6) for 45 minutes, uncovering chicken at the end of this time, and cooking 10 minutes longer. **Storage time** 1 month.

TURKEY OR CHICKEN TARTLETS

Yield :
8 tartlets

Onion, finely chopped	1
Butter	1 oz
Apricot halves	15-oz can
Curry paste	2 teaspoons
Lemon juice	2 teaspoons
Soured cream	$\frac{1}{4}$
Cooked, chopped turkey or chicken	10 oz
Tabasco sauce	$\frac{1}{2}$ teaspoon
Seasoning	To your taste
Frozen peas	4 oz
Shortcrust pastry	10 oz
Beaten egg to glaze	

Cook the onion in butter until golden. Add the apricot halves. Simmer for 20 minutes until reduced to a thick pulp. Thin the curry paste with a little water and add to the apricots with lemon juice. Stir in the soured cream and chopped turkey pieces. Bring to the boil and simmer gently for 10 minutes. Add the Tabasco sauce, and season to taste. Remove from heat and stir in the peas. Leave covered, to cool.

Make up the pastry in the usual way. Halve the dough and roll out one half. Cut out 5-inch rounds to line large individual patty tins. Divide the cooled turkey filling equally between the tarts. Using the remaining pastry, cut out and cover the tarts, glazing with beaten egg to make the edges stick. Pinch the edges together with thumb and forefinger and decorate the tops with pastry 'leaves'. Glaze with beaten egg. Cook for 15–20 minutes at 425°F (Gas Mark 7), or until golden brown. **Thawing and serving**

Thaw in refrigerator, to serve cold. Heat at 350°F (Gas Mark 4) for 15 minutes, to serve hot. Cover with greaseproof paper before heating. **Storage time** 2 months.

QUICHE Yield : LORRAINE one 7-inch flan

Short pastry	4 oz when made
Butter	$\frac{1}{2}$ oz
Onion	1 small
Streaky bacon	2 oz
Egg	1 plus 1 egg yolk
Grated cheese	2 oz
Pepper	
Creamy milk	1 gill
Oven heat	375°F (Gas Mark 5)

Line 7-inch flan ring or foil dish with pastry. Soften chopped onion and bacon in butter until just golden. Put into pastry case. Lightly beat together egg, egg yolk, cheese, pepper and milk. A little salt may be added if bacon is not salty. Pour into flan case. Bake at 375°F (Gas Mark 5) for 30 minutes. Cool and wrap in foil. Pack in rigid container to avoid damage. **Thawing and serving** Thaw in refrigerator for 6 hours to serve cold. Heat at 350°F (Gas Mark 4) for 20 minutes to serve hot. **Storage time** 2 months.

CUSTARD ICE Yield : 4 helpings

Milk	$\frac{1}{3}$ pint
Vanilla pod	1
Egg yolks	2 large
Sugar	2 oz
Salt	Small pinch
Thick cream	$\frac{1}{3}$ pint

Scald milk with vanilla pod, remove pod and pour milk on to egg yolks which have been lightly beaten with sugar and salt. Cook in a double boiler until mixture coats the back of a spoon. Cool and strain. Stir in cream. Pour into freezing trays and beat twice during a total freezing time of 3 hours. Pack into containers, cover and seal.

GELATINE ICE Yield : 4 helpings

Creamy milk	$\frac{3}{4}$ pint
Vanilla pod	1
Gelatine	1 dessertspoon
Sugar	3 oz
Salt	1 pinch

Heat $\frac{1}{4}$ pint milk with the vanilla pod to boiling point. Soak the gelatine in 2 tablespoons water, and heat the bowl standing in hot water until the gelatine is syrupy. Pour the warm milk on to the gelatine, stir in sugar and salt, and add the remaining milk. Remove vanilla pod. Beat twice during 3 hours' freezing time. This mixture is particularly good with added flavourings.

CREAM ICE Yield : 4 helpings

Thin cream	1 pint
Vanilla pod	1
Sugar	3 oz
Salt	1 pinch

Heat cream with vanilla pod, remove from heat, stir in sugar and salt, and cool. Take out vanilla pod and freeze mixture to a mush. Beat well

in a chilled bowl, and continue freezing for a total of 2 hours. Pack into containers for storage.

Ice cream flavourings

Butterscotch—cook sugar in recipe with 2 tablespoons butter until well browned and add to hot milk or cream.

Caramel—melt half the sugar in a heavy saucepan over moderate heat, and add slowly to the hot milk.

Chocolate—melt 2 oz plain chocolate in 4 tablespoons hot water and add to hot milk.

Coffee—scald 2 tablespoons ground coffee with milk or cream, and strain into other ingredients.

Peppermint—colour lightly green and flavour with oil of peppermint.

Praline—add 4 oz blanched, toasted and finely-chopped almonds to caramel ice.

Ginger—add 3 tablespoons ginger syrup and 2 tablespoons chopped preserved ginger.

Maple—use maple syrup in place of sugar and add 4 oz chopped walnuts.

Pistachio—colour lightly green and add 1 teaspoon almond essence and 2 oz chopped pistachio nuts.

Mixed flavours—

(a) chocolate or butterscotch sauce swirled through vanilla ice before packing.

(b) chopped toasted nuts or crushed nut toffee added to vanilla, coffee or chocolate ice.

(c) a pinch of coffee powder added to chocolate ice, or chocolate powder added to coffee ice.

(d) crushed strawberries, raspberries or canned mandarin oranges added to vanilla ice.

FRUIT ICE

Sugar	$\frac{1}{4}$ lb
Water	$\frac{3}{8}$ pint (15 tablespoons)
Egg	1
Baby's strained pears	$2 \times 4\frac{1}{2}$ -ounce cans
Lemon juice	1 lemon
Double cream	$\frac{1}{8}$ pint

Boil the water and sugar for 10 minutes.

Separate the egg yolk from the white and add the yolk to the strained pears. Add the hot sugar syrup, stirring continuously. Stir in the lemon juice and place in a shallow container in the freezing compartment of the refrigerator. When set to a creamy consistency, fold in the stiffly beaten egg white and the lightly whipped cream. Return to the freezer until stiff.

This basic recipe can be used in several ways:

- 1 Set the fruit ice in a ring mould, turn out and fill the centre with fruit.
- 2 Set the fruit ice in a deep container, spoon into sundae glasses and serve with pears, chocolate sauce and chopped nuts.
- 3 Set the fruit ice in a deep container, spoon out into an orange skin basket, and intersperse the fruit ice with the orange segments.

FRESH FRUIT ICE

Yield:
4 helpings

Cream	$\frac{3}{4}$ pint
Fruit purée	$\frac{1}{2}$ pint
Caster sugar	$1\frac{1}{2}$ tablespoons



A pineapple and raspberry delight is an all-year-round fruit dessert with a crisp flavour and pleasing appearance.

Whip cream lightly until just thick. Fold in fruit purée and sugar, and pour into freezer tray without stirring during freezing time. Scoop into containers for storage. Fresh raspberries, strawberries, or apricots poached in syrup are very good for this ice cream.

SORBET **Yield: 4 helpings**

Gelatine	2 teaspoons
Water	$\frac{1}{2}$ pint
Sugar	6 oz
Grated lemon rind	1 teaspoon
Grated orange rind	1 teaspoon
Orange juice	$\frac{1}{2}$ pint
Lemon juice	4 tablespoons
Egg whites	2

For lemon sorbet (variation), use all lemon juice and rind instead of the mixture of orange and lemon which gives a good orange flavour. Soak gelatine in a little of the water. Boil remaining water and sugar for 10 minutes to a syrup. Stir gelatine into syrup and cool, then add rinds and juices. Beat egg whites stiff but not dry and fold into mixture. Freeze to a mush and beat. Continue freezing, allowing 3 hours' freezing time, but do not beat. This ice will not freeze hard. Pack into containers or fruit skins (see PLAN NINE).

ICEBOX CAKE **Yield: 1 large cake**

Icing sugar	6 oz
Butter	4 oz
Eggs	2 medium
Grated lemon peel	2 teaspoons
Lemon juice	2 tablespoons
Sponge finger biscuits	48

Cream butter and sugar until light and fluffy, and work in eggs one at a time. Gradually add lemon peel and juice and beat hard until fluffy and smooth. Cover a piece of cardboard with foil and on it place 12 biscuits, curved side down. Spread on one-third of creamed mixture. Put another layer of biscuits in opposite direction, and more creamed mixture. Repeat layers and end with a layer of biscuits. Wrap in foil. **Variation** Substitute 2 tablespoons cocoa and 1 teaspoon coffee essence for lemon juice and peel. **Thawing and serving** Remove wrappings and thaw in refrigerator for 3 hours before covering with whipped cream. **Storage time** 1 month.

ICED COFFEE CAKE

Butter	7 oz
Caster sugar	4 oz
Eggs	2 large
Coffee essence	1 tablespoon
Brandy	3 tablespoons
Victoria sandwich cakes	2 7-inch
Double cream	5 oz carton
Instant coffee powder	1 level dessertspoon
Icing sugar	6 oz
Walnuts, finely chopped	2 oz

Cream 4 oz butter until it is soft but not oily. Beat in the caster sugar until the mixture is fluffy and light in colour. Add the eggs one at a time, beating well after each addition. Stir in the coffee essence and the brandy. Slice each sponge into 3 layers, making 6 in all. Put one layer at the bottom of a 7-inch cake tin with a fixed base. Spoon on a fifth of the coffee cream



An iced coffee cake can be used
as a dessert or for a party tea.
A useful freezer product.

mixture. Continue adding layers of cake and cream, ending with a cake layer. Put the base of a 7-inch sand-wich tin on the cake layers and weight it so that the cake and cream layers are pressed. Leave for 4 hours in the fridge, or deep freeze. **Thawing and serving** Turn out by dipping a knife in hot water and running it round the inside of the cake tin. Turn on to a serving plate. Cut the cake into 6 large wedges; push them together on a serving plate. Beat rest of butter until creamy. Gradually add the sifted icing sugar. Add the coffee powder. Spread round the sides of the cake and press the walnuts round the edge. Whip the cream; put in a piping bag and pipe a large swirl on each wedge. Decorate with coffee bean sweets.

You can complete the cake except for the whipped cream and sweets, and freeze it. **Storage time** 2 months.

BAKED APPLES

Yield:
6 helpings

Apples 6
Brown sugar 6 oz
Cinnamon or cloves 1 pinch
Lemon juice
Oven heat 400°F (Gas Mark 6)

Wash large firm fruit and remove cores, leaving $\frac{1}{4}$ inch at base to hold filling. Fill with brown sugar, a trace of spice and a squeeze of lemon juice. Bake at 400°F (Gas Mark 6) until apples are tender. Cool. Pack into individual waxed tubs or foil dishes. Apples may be packed into large foil dish, separated by cellophane. **Thawing and serving** Thaw in refrigerator for 3 hours to eat cold, or heat at

350°F (Gas Mark 4) for 25 minutes to eat hot. **Storage time** 2 months.

FRUIT PIE

FILLING one 7-in pie filling

Apples 8 oz
Raspberries 1 lb
Lemon juice 1 tablespoon
Sugar 8 oz
Tapioca flakes 2 tablespoons
Salt 1 pinch

Mix ingredients thoroughly and leave to stand for 15 minutes. Line 7-inch pie plate with foil, leaving 6-inch rim. Put filling in foil, fold over and freeze. Remove foil parcel from pie plate and store in freezer. **Variations** Mix rhubarb and orange; apricot and pineapple; or use single fruits such as pitted cherries or blackberries.

Thawing and serving Line pie plate with pastry, put in frozen filling, dot with butter, cover with pastry lid, make air vents in lid, and bake at 425°F (Gas Mark 7) for 45 minutes. **Storage time** 6 months.

FRUIT SYRUP

Raspberries, currants, strawberries, elderberries, blackberries
Sugar $\frac{3}{4}$ lb to each pint of juice

Use clean ripe fruit, and pick over well. Add $\frac{1}{4}$ pint of water to each lb of raspberries or strawberries, and $\frac{1}{2}$ pint of water to each lb of currants, elderberries or blackberries. Cook gently for an hour, crushing fruit down gently. Turn into jelly bag and leave to drain overnight. Measure juice and add $\frac{3}{4}$ lb sugar to each pint



• Buttered baked apples please both the eye and the palate. Cook them before freezing.

of juice. Stir well until dissolved. Pack into containers leaving $\frac{1}{2}$ inch headspace, or freeze by ice cube or block method (see PLAN THREE).

PEAR AND RASPBERRY FLAN 6 helpings

Frozen shortcrust pastry	8 oz
Granulated sugar	$\frac{1}{2}$ oz
Pears, peeled, cored and sliced	2
Lemon juice	$\frac{1}{2}$ lemon
Caster sugar	3 oz
Frozen or fresh raspberries	$\frac{3}{4}$ lb
Arrowroot	1 teaspoon

Line a 7-inch flan ring with pastry, prick the base with a fork and bake blind. Bake for 40 minutes at 350°F (Gas Mark 4) or until cooked. Cool. Meanwhile, with remaining pastry, cut out star shapes; sprinkle with sugar and bake at the same temperature for 10 to 15 minutes or until golden. Cool. Simmer pears in lemon juice, $\frac{1}{4}$ pint water and 1 oz caster sugar for 4 to 5 minutes or until tender. Drain and cool. Cook half the raspberries with the remaining caster sugar and $\frac{1}{4}$ pint water for 5 to 6 minutes or until very soft. Sieve. Blend the arrowroot with little water and add to the purée. Heat until thickened. Pour into the pastry case and allow to set slightly. Divide the flan into sections with the pastry stars. Arrange the remaining raspberries and pear slices in the sections.

FESTIVE GATEAU Yield: 1 cake to serve 8

Plain flour	2 oz
-------------	------

Eggs	4 large
Ground hazelnuts	1 oz
Grated Bournville chocolate	1 oz
Butter, melted	1 oz

Filling and decoration

Hazelnuts	9
Bournville chocolate	2 oz
Double cream	$\frac{1}{4}$ pint
Icing sugar	1 level tablespoon, sifted
Chocolate buttons	10

Pans 2 × 7-inch sandwich tins

Grease and line the sandwich tins; grease the paper lining also. Sift the flour twice. Whisk the eggs and sugar together until they are pale in colour and thick in texture. Gently stir in the hazelnuts, chocolate and flour, ensuring that there are no pockets of flour left in the mixture. Fold in the melted butter; divide the mixture evenly between the tins and bake in a moderate oven, 350°F (Gas Mark 4) for 20 minutes. Place a folded teatowel on a wire tray, turn the cakes on to this to avoid marking the surface. Remove paper when cold. Freeze. **Thawing and serving** Thaw the cake at room temperature for 1 hour. To complete the cake, roast the hazelnuts in a hot oven for 2–3 minutes, then remove skins by rubbing in a cloth. Break the chocolate and put into a basin standing over a pan of hot water until melted. Leave to cool. Whip the cream; fold in the icing sugar alternately with the cooled chocolate and sandwich the cakes together with half the chocolate cream, then spread the remainder over the top. Mark with a fork and divide into 8 pieces. Put a



In this dessert, fruit and pastry contrast in texture. The pears and raspberries, too, have an attractively different flavour and colour, and make this a gay dessert.

Chocolate Button and hazelnut on each section and a nut in the centre with a button on each side. **Storage time** 1 month.

PINEAPPLE AND RASPBERRY DELIGHT

Gelatine	1¼ oz
Eggs, separated	4
Caster sugar	6 oz
Water	3 tablespoons
Pineapple juice	1 x 9 oz can
Fresh or frozen raspberries	
To garnish	

Dissolve the gelatine in the water in a small bowl over a saucepan of hot water.

Fill a mould with cold water, leave to stand for 5 minutes. Drain. Whisk the egg yolks and sugar in a bowl over hot water until thick and creamy. Gradually whisk the pineapple juice into the egg mixture. Remove from heat and strain in the gelatine. Place in a refrigerator or freezer until nearly set.

Whisk the egg whites until stiff. Fold carefully into the pineapple mixture. Pour into the prepared mould and allow to set until firm.

Turn the mould out on to a serving dish, arrange the raspberries in the centre and around the edge of the pineapple delight.

MOCHA NUT FUDGE

Bournville chocolate	4 oz
Butter	2 oz
Instant coffee powder	
2 level teaspoons	

Double cream or evaporated milk	4 tablespoons
Chopped walnut halves	1 oz
Icing sugar, sifted	1 lb
Pan	6-inch square shallow cake tin lightly oiled

Break up the chocolate and put it with the butter into a basin standing over hot water. Leave to melt, then remove from heat. Stir in the coffee powder, cream or evaporated milk and nuts. Gradually work in the icing sugar and when it is smooth, press into the tin. Leave overnight to set. Cut into 1-inch squares. Pack into polythene bags, and freeze. **Thawing and serving** Allow to stand at room temperature for 2 hours, then wrap in cellophane. **Storage time** 3 months.

SWISS CIRCLES **Yield:** about 14 biscuits

Butter	6 oz
Icing sugar, sifted	1 oz
Plain flour	4½ oz
Cornflour	1½ oz
Drinking chocolate	1 oz
Baking powder	¾ level teaspoon
Vanilla essence	½ teaspoon

Cream the butter and icing sugar together until light in colour and texture. Sieve the dry ingredients and gradually stir them into the creamed mixture. Add the vanilla essence. Put the mixture into a piping bag, to which is attached a star pipe and press small circles of the mixture on to greased baking trays, finishing with a star at the join. Bake in a hot oven, 425°F (Gas Mark 7) for 6 minutes, then lower the heat to 350°F (Gas

Mark 4) for a further 6 minutes, until the biscuits are cooked. Leave to cool.
Thawing and serving Thaw in wrappings at room temperature for 1 hour. Sprinkle with sifted icing sugar.
Storage time 2 months.

BASIC SUGAR BISCUITS **Yield: 30–40 biscuits**

Butter	4 oz
Caster sugar	8 oz
Egg	1 (or 2 egg yolks)
Milk	1 tablespoon
Vanilla essence	$\frac{1}{2}$ teaspoon
Plain flour	6 oz
Baking powder	$\frac{1}{2}$ level teaspoon
Salt	$\frac{1}{2}$ level teaspoon
Oven heat	375°F (Gas Mark 5)

Cream butter and sugar and work in egg, milk and vanilla essence. Add sifted flour, baking powder and salt and mix to a firm dough. Chill, then form into cylinder shape about 2 inches diameter. Wrap in foil or polythene. **Variations** *Butterscotch*: 1 oz chopped nuts and brown sugar instead of caster. *Chocolate*—Add 1 oz cocoa. *Date*—Add 2 oz chopped dates. *Ginger*—Add 1 teaspoon ground ginger. *Lemon*—Add $\frac{1}{2}$ teaspoon lemon essence instead of vanilla. *Orange*—Add grated rind of $\frac{1}{2}$ orange and substitute orange juice for milk. **Thawing**

and serving Thaw in wrappings in refrigerator for 45 minutes, cut in slices and bake at 375°F (Gas Mark 5) for 10 minutes. **Storage time** 2 months.

BASIC SCONES **Yield: 24 scones**

Plain white flour	1 lb
Bicarbonate of soda	1 teaspoon
Cream of tartar	2 teaspoons
Butter	3 oz
Milk	$\frac{1}{4}$ pint
Oven heat	450°F (Gas Mark 8)
Pan	Baking sheet

Sift flour, soda and cream of tartar. Rub in butter until mixture is like fine breadcrumbs. Mix with milk to a soft dough. Roll out and cut in rounds, and put close together on a greased baking sheet. Bake at 450°F (Gas Mark 8) for 12 minutes. Cool and pack in sixes or dozens in polythene bags. **Variations** Fruit scones—add $1\frac{1}{2}$ oz sugar and 2 oz dried fruit. Cheese scones—add 3 oz grated cheese and a pinch of salt and pepper. **Thawing and Serving** Thaw in wrappings at room temperature for 1 hour, or heat at 350°F (Gas Mark 4) for 10 minutes with a covering of foil. **Storage time** 2 months.

Index

Acid pack for fish	40	Butter	51	Crab apples	25
Apple juice	23	Butter balls	63	Crabs	41
Apple sauce (recipe)	73	Butters, flavoured	63	Cranberries	25
Apples	23	Cabbage (green and red)	35	Crayfish	42
Apples, baked (recipe)	88	Cake, coffee, iced (recipe)	86	Cream	51
Apricots	23	Cake decorations	59	Cream buns	62
Artichokes (Globe)	33	Cake fillings	59	Cream cheese	52
Asparagus	33	Cake, icebox (recipe)	86	Cream ices (recipe)	83
Aubergines (Egg plants)	33	Cake, leftover	69	Cream, leftover	69
Avocado Pears	24	Cake mixtures, uncooked	59	Creamed liver (recipe)	79
Babas	60	Cakes, fruit	62	Croissants	60
Bacon	45	Cakes, ice cream	62	Cross-flavouring	17
Bacon, leftover	68	Cakes, icebox	55	Crumpets	60
Bacon-wrapped appetisers	19	Cakes, iced	61	Cubed meat	44
Baked apples (recipe)	88	Cakes, small	62	Currants	26
Baked potatoes (recipe)	76	Canapés	19	Custard ice (recipe)	83
Baked puddings	53	Candied peel	65	Damsons	26
Bamboo shoots	34	Carrots	35	Danish pastries	60
Bananas	24	Casseroles of meat	46	Dates	26
Basic freezing procedure	14	Cauliflower	35	Defrosting a freezer	17
Basic scones (recipe)	93	Celery	35	Dehydration	16
Basic sugar biscuits		Cheese, all kinds	52	Dinner party menu	66
(recipe)	93	Cheese, leftover	68	Dips and spreads	20
Beans		Cheese pastries	19	Discoloration in fruit	22
(broad, French, runner)	34	Cheesecake	55	Doughnuts	59
Beef casserole, sweet		Cherries	25	Drop scones	60
and sour (recipe)	73	Chest freezers	11	Dry pack for fish	40
Beef loaf, glazed (recipe)	80	Chestnuts	35	Dry sugar pack (fruit)	22
Beetroot	34	Chicken, fried (recipe)	82	Duchesse potatoes	
Biscuits	62	Chicken tartlets (recipe)	82	recipe	76
Biscuits, basic sugar		Chickens	46	Ducks	46
(recipe)	93	Children's tea menu	66	Dutch sauce (recipe)	78
Biscuits, Swiss circles		Citrus fruit juices		Eclairs	62
(recipe)	92	(and see specific fruits)	23	Egg whites, leftover	52, 69
Blackberries	24	Cleaning fish for freezing	40	Egg yolks, leftover	52, 69
Blanching vegetables		Cleaning the freezer	17	Eggs	52
(and see specific		Cleaning fruit for freezing	21	Family supper menu	66
vegetables)	31	Cleaning vegetables for		Fast freezing	
Blueberries	24	freezing	31	compartments	13
Bombes, ice cream	55	Coconut	25	Fast freezing,	
Bouillon	50	Coffee (liquid)	69	vegetables	32
Bread and buns	59	Combination refrigerator-		Fennel	36
Bread, leftover	70	freezers	12	Festive gâteau (recipe)	90
Breads, fruit and nut	60	Complete meals	65-66, 67	Figs	26
Brine pack for fish	40	Complete meals from		Fillings for fruit pies	
Brioche	60	leftovers	67	(recipe)	88
Broccoli	34	Cooking frozen meat	43	Fish and fish cakes	68
Broken packages	17	Corn on the Cob	35	Fish cakes (recipe)	74
Brown sauce (recipe)	72	Cottage cheese	52	Fish, fatty	41
Brussels Sprouts	35	Cottage Pie	46		

Fish, leftover	68	Grading fruit for freezing	21	Mangoes	28
Fish pâtés	20	Grading vegetables for		Margarine	51
Fish, smoked	41	freezing	31	Marrow	37
Fish, white	41	Grapefruit	27	Meat balls	46
Flabbiness, causes of	17	Grapes	27	Meat balls (recipe)	74
Flan, pear and raspberry		Gravy, leftover	67	Meat, cooked, cold	45
(recipe)	90	Greengages	27	Meat and game pâtés	20
Flans, savoury and sweet	58	Griddlecakes	60	Meat, leftover	68
Flavourings for breads,		Grouse	48	Meat loaf (recipe)	74
cakes and biscuits	59	Guavas	27	Meat loaves	46
Flavourings for ice creams				Meat preparation	43
(recipes)	84	Ham	45	Meat stock (recipe)	72
Foil	16	Ham, leftover	68	Menu for children's tea	66
Freezer burn	16	Hares	49	Menu for dinner party	66
Freezer paper	16	Harlequin apples (recipe)	74	Menu for family supper	66
Fresh fruit ice (recipe)	84	Headspace and air		Menu for school holidays	65
Fresh fruit ices	55	exclusion	16	Milk	51
Fresh fruit puddings,		Herbs	36	Minced meat	44
sponge	54	Hot water crust pies	56	Mixed vegetables	32
Fresh fruit puddings,				Mocha nut fudge (recipe)	92
steamed	54	Ice cream	55	Moulds, ice cream	55
Fried chicken (recipe)	82	Ice cream cakes	62	Mousses, sweet	55
Fruit cakes	62	Ice cream, preparation	53	Muffins	60
Fruit crumbles	54	Ice crystals	17	Mushrooms	37
Fruit ice (recipe)	84	Ice cubes	64		
Fruit juices		Ice, custard	83		
(and see specific fruits)	23	Ice, fruit (recipe)	84	Nectarines	28
Fruit juices, leftover	69	Ice, gelatine (recipe)	83	Nuts	65
Fruit and nut breads	60	Icebox cake (recipe)	86		
Fruit pie filling (recipe)	88	Icebox cakes	55	Offal	45
Fruit pie fillings	58	Iced cakes	61	Onions	37
Fruit pies	57	Iced coffee cake (recipe)	86	Oranges	28
Fruit purée		Ices, cream (recipe)	83	Oxidation	17
(and see specific fruits)	22	Ices, fresh fruit	55	Oysters	42
Fruit in syrup and wine	54	Ices, fresh fruit (recipe)	84		
Fruit syrup (recipe)	88	Icings	59, 64	Packaging	16
Fruit syrup made with fruit,		Ingredients for breads,		Packaging materials	14-16
(and see specific fruits)	22	cakes and biscuits	59	and Guide Plans	2-14
Fruit syrups, leftover	69	Installing the freezer	13	Packing breads, buns and	
Fudge, mocha nut		Insurance of freezer		un-iced cakes	59
(recipe)	92	contents	10	Packing game	44
				Packing and labelling	
Galantine (recipe)	80	Jellies	54	fruit	22
Galantines	46	Joints of meat	44	Packing poultry	43
Garnishes and soup				Pancakes	60
garnishes	64	Kale	36	Parsnips	38
Gâteau, festive (recipe)	90	Kohlrabi	37	Pasta	63
Geese	46	Kumquats	27	Pasta dishes	64
Gelatine ice (recipe)	83			Pastry cases	57
GIBLETS	48	Leftovers in general	67	Pastry fillings (and see	
Glacé fruits	65	Lemons and Limes	27	Fruit pie fillings)	56
Glazed beef loaf (recipe)	80	Liver, creamed (recipe)	79	Pastry in slab form	56
Glazing whole fish	41	LOBSTERS	42	Pastry, types to freeze	56
Gooseberries	26	Loganberries	28	Peaches	28

Pear and raspberry flan (recipe)	90	Rice	63	Stock, meat (recipe)	72
Pears	29	Rigid plastic containers	15	Stocks and soups in general	50
Peas	38	Roux	65	Strawberries	30
Peel, orange and lemon	69	Running costs of freezers	10	Stuffing for poultry	48
Persimmons	29	Salmon quiche (recipe)	77	Stuffing for poultry (recipe)	80
Pheasants	48	Sandwiches	63	Sweet and sour beef casserole (recipe)	73
Pies, baked and unbaked	57	Savoury choux pastries	19	Swiss circles (recipe)	92
Pies, fruit	57	Sauces, basic, white and brown	50	Syrup pack (fruit)	22
Pies, meat	57	Sauces, brown and white (recipes)	72	Syrup, fruit (recipe)	88
Pigeons	49	Sauces, fruit	51	Syrups for fruits, leftover	69
Pineapple	29	Sauces in general	50	Tea (liquid)	69
Pineapple and raspberry delight (recipe)	92	Sauces, leftover	67	Thawing and cooking fish	41
Pizza	21	Sauces, meat	50	Thawing and cooking vegetables (and see specific vegetables)	32
Pizza (recipe)	76	Sausage Rolls	58	Thawing frozen meat	43
Plover, quail, snipe, woodcock	48	Savarins	60	Thawing poultry	44
Plums	29	Scallops	42	Tomato purée	51
Polythene bags and sheeting	16	Scallops with Dutch sauce (recipe)	78	Tomato sauce	51
Pomegranates	29	School holiday menu	65	Tomato sauce (recipe)	73
Portions to pack	14	Scones	60	Tomatoes	39
Potatoes	38	Scones, basic (recipe)	93	Turkey tartlets (recipe)	82
Potatoes, baked (recipe)	76	Scones, drop	60	Turkeys	46
Potatoes, duchesse (recipe)	76	Serving frozen fruit	23	Turnips	39
Potted shrimps	20	Shrimps	42		
Poultry, leftover	68	Shrimps, potted	20		
Poultry livers	48	Small game birds	48		
Poultry stuffing (recipe)	80	Solid ice pack for fish	40	Unsweetened dry pack (fruit)	21
Power failure, what to do	17	Sorbets	55	Unsweetened wet pack (fruit)	21
Prawns	42	Sorbets (recipe)	86	Upright freezers	12
Preparing poultry	43	Soufflés, sweet	55		
Preparing game	44	Soup garnishes	64		
Pumpkin	39	Soups in general	50		
		Soups, thick	50		
Quality of meat for freezing	42	Special features to look for in freezers	12	Vegetable purée	32
Quiche Lorraine	20	Spinach	39	Vegetables in sauce	33
Quiche Lorraine (recipe)	83	Sponge-cakes	61	Vegetables, leftover	67
Quiche, salmon (recipe)	77	Star system	10	Vegetables which do not freeze	31
Quinces	29	Steaks and chops	44	Venison	49
		Steamed puddings	53	Vol-au-vent cases	20
Rabbits	49	Steamed puddings, fresh fruit	54		
Rancidity	17	Stews, meat	46	Waffles	63
Raspberries	30	Stock and bouillon	50	Waxed tubs	14
Rhubarb	30			White sauce (recipe)	72
				Yeast mixtures, uncooked	58



